SPECIAL EatingWell EDITION

BOWLS

The Perfect Formula

Satisfying and Delicious

High-Protein Hits

59+ RECIPES

ADVERTISEMENT

the kitchen cabinet

EatingWell invites you to join our passionate community of advisors, thought leaders, and influencers.

Love experimenting in the kitchen? Or maybe you're always hunting for the best local eats? Join The Kitchen Cabinet and help shape what's next for brands like EatingWell, Allrecipes, Food & Wine, and Serious Eats

SHARE
your thoughts and opinions with our editors

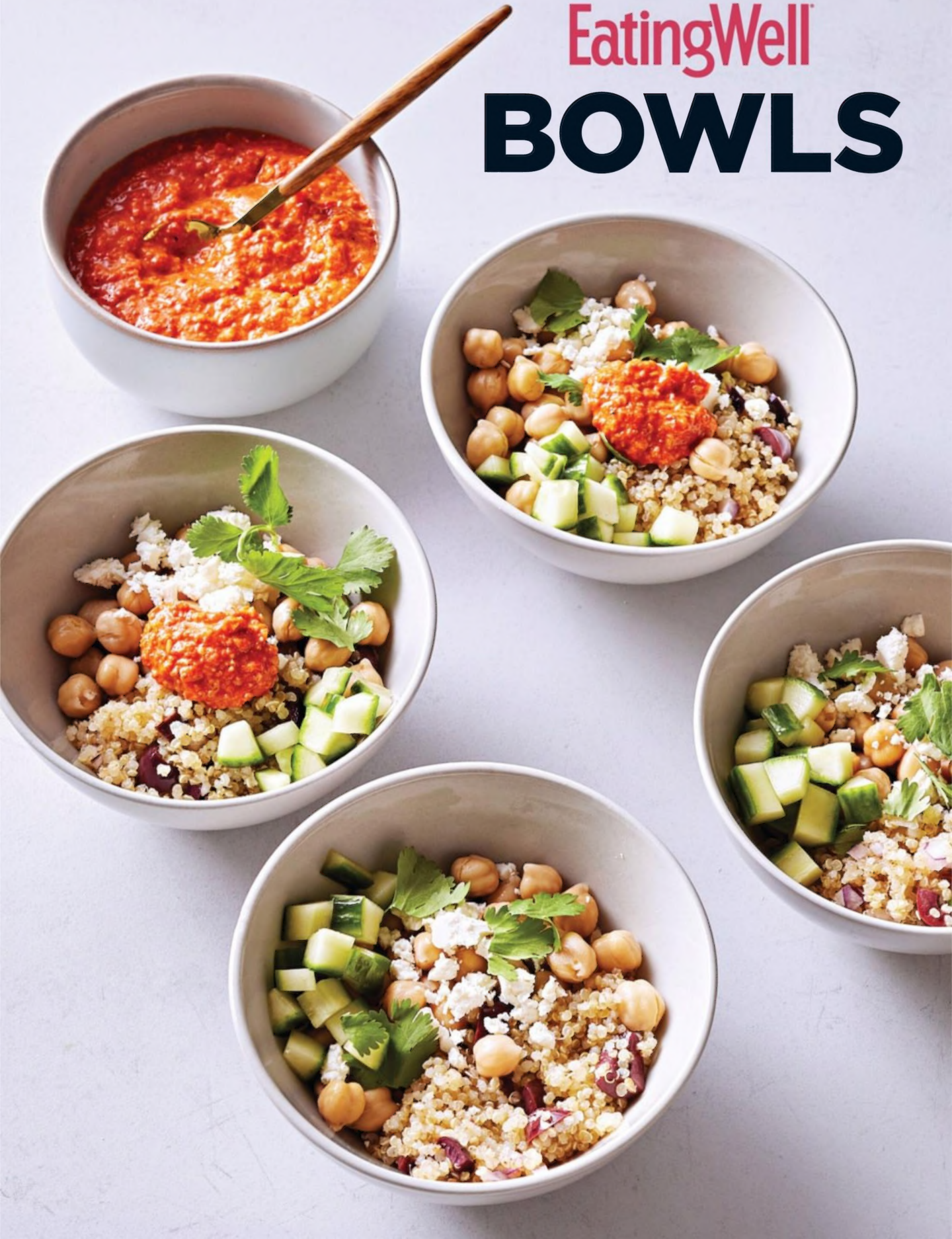
CONNECT
with like-minded readers

DISCOVER
new products, special offers, and discounts

TO JOIN, SCAN THE CODE OR VISIT **EATINGWELL.COM/THEKITCHENCABINETPANEL**

EatingWell

BOWLS



CONTENTS

4 The Mighty Bowl

Behind the Basics

8 Veggies: Roasting Made Easy
12 A Whole-Grain Foundation
18 Super Sauce
22 Oatmeal Power

RECIPES

High Protein

29 Crispy Salmon Rice Bowls
30 Chicken Hummus Bowls
31 Bibimbap-Inspired Rice Bowls
32 Chicken, Avocado & Quinoa Bowls with Herb Dressing
33 Pancetta, Tomato & Avocado Grain Bowls
34 Pesto Chicken Quinoa Bowls
35 Fish Taco Bowls with Green Cabbage Slaw
36 Green Veggie Bowls with Chicken and Lemon-Tahini Dressing
37 Cilantro-Lime Shrimp Bowls
38 Crispy Chicken Rice Bowls
40 Charro Beans with Chorizo & Kale Slaw
41 Sesame-Crusted Tuna Rice Bowls
42 Grilled Vegetable & Black Bean Farrow Bowls
43 Chicken-Quinoa Bowls with Strawberries & Pecans
44 Lemony Chicken & Kale Brown Rice Bowl
45 Roasted Broccoli & Kimchi Rice Bowls

RECIPES

Meatless Meals

47 Crispy Rice Bowls with Fried Eggs
48 Farro & Vegetable Bowls with Lemon-Shallot Herb Sauce
49 Kale & Chickpea Grain Bowls
50 Roasted Butternut Squash Hummus Bowls
51 Wild Rice Salad with Arugula Pesto
52 Watermelon Poke Bowls
53 Spinach & Fried Egg Grain Bowls
54 Buffalo Cauliflower Grain Bowls
55 Braised Black Lentil & Quinoa Bowls
56 Savory Cottage Cheese Bowls
57 Coconut Black Rice Bowls with Tofu & Purple Asparagus
58 Chickpea & Sweet Potato Grain Bowls
59 Anti-Inflammatory Vegetable-Packed Grain Bowls
60 Vegetarian Protein Bowls
61 Black Bean Quinoa Bowl
62 Bibimbap-Inspired Bowls
63 Chickpea & Quinoa Bowls with Roasted Red Pepper Sauce

RECIPES

Pasta Power

64 One-Pot Lemon Asparagus Pasta with Shrimp
66 Spicy Noodles with Pork, Scallions & Bok Choy
67 Super Green Pasta
68 Burrata Pasta with Cherry Tomatoes & Spinach
69 Creamy Rotisserie Chicken & Spinach Pasta
70 Pantry Peanut Noodles
71 Smoky Shrimp, Corn & Pea One-Pot Pasta
72 One-Pot Italian Sausage & Kale Pasta
73 Spaghetti Salad
74 Cashew, Chickpea & Pasta Salad with Cilantro-Mint-Shallot Vinaigrette

75 Spicy Chili Oil Noodles with Zucchini & Carrots

76 Cheesy One-Pot Chicken-Broccoli Orzo

77 Creamy Sun-Dried Tomato, Tuna & Pea Pasta Salad

78 Lemon Zucchini Pasta

79 Caprese Pasta Salad with Salami

RECIPES

Prep Ahead

81 Chipotle-Lime Cauliflower Taco Bowls

82 Anti-Inflammatory Farro & White Bean Salad

83 Winter Greens Bowls

84 Roasted Vegetable Bowls with Pesto

85 Meal-Prep Chili-Lime Chicken Bowls

86 Edamame & Veggie Rice Bowl

87 Vegan Burrito Bowls with Cauliflower Rice

RECIPES

Sweet Bites

89 Lemon-Blueberry Cheesecake Chia Pudding

90 Peanut Butter Yogurt Cup with Magic Shell Topping

91 Rice Pudding with Pistachios

92 Cottage Cheese–Berry Bowls

94 **Index**

96 **The Perfect Vessel**

Parts of this special edition were previously published.

This book is for general information purposes only, and nothing contained in it is intended to substitute for individualized advice from a physician or other health professional. The reader should consult the appropriate health professional in matters relating to physical and mental health and particularly with respect to any symptoms that may require diagnosis or treatment.

INTRODUCTION

THE MIGHTY BOWL

When it comes to getting a healthy and delicious dish on the table any time of day, consider this mealtime hero.

BY COURTNEY MIFSUD INTREGLIA
Reviewed by dietitian Jessica Ball, M.S., RD

I've been here many, many times before. It's 5 p.m. on a Monday evening, and I have no idea what to make for dinner. Mondays are one of the days that I can work from home, and dinner needs to accomplish a few things. First, whatever I make needs to provide a few days worth of leftovers—that way I can swiftly assemble and reheat dinner over the next few evenings after my long commute. Second, cleanup needs to be easy: A pile of dishes, pots and pans towering in the sink doesn't inspire a refreshed and energized workweek. And finally, it needs to be nutritious. My husband has type 1 diabetes, and I'm on an anti-inflammatory diet, so this meal needs to be packed with nutrients such as fiber, vitamin A and plenty of protein. Above all else, it has to be delicious.

This time, after surveying the inhabitants of my crisper drawer and rummaging through my pantry, I land on a plan that has rescued many a meal-prep Monday: a bowl. I mix ground turkey with store-bought pesto, and I roast a batch of meatballs. Some chopped fennel and broccoli florets join the meatballs in the oven. Once the meatballs are browned and cooked through and the veggies have delightfully charged edges, I pile the elements atop healthy scoops of warm barley. I add a tangy lemon and olive oil dressing, which soaks into the barley. For a bit of a crunch, I top the dressed bowls with some slivered almonds. With protein from the turkey, fiber from the barley and plenty of nutrients from the double serving of veggies, this weekday bowl checks all the boxes.

The perfect bowl is made up of key components: whole grains, veggies, protein, dressing and "sprinkles" such as nuts, seeds, herbs or sprouts. Understanding your options for these parts can help you make any grain bowl crave-worthy.

START WITH GRAINS

A strong foundation is the basis of any steady structure, and a bowl is no exception. Leaning on hearty grains, especially whole grains, ensures that the meal will keep you full and satisfied. If you're cooking grains from scratch, make sure you plan ahead. Cooking times vary greatly—farro can take upwards of an hour to become tender, for example, but quick-cooking rice or quinoa will only take 15 minutes. Short on time? Microwaveable brown rice packets cook in less than 90 seconds.

Chickpea & Quinoa Grain Bowl at eatingwell.com/grainbowl

PLAN YOUR PROTEIN

For a power bowl to keep you energized, it needs to include a hearty helping of protein. Salmon, chicken and steak are all great staples. Beans and tofu are filling plant-based options. Canned beans are a pantry-friendly time-saver, and some proteins, such as chicken, can be roasted alongside a tray of veggies.

COOK SOME VEGGIES

If you're having trouble getting a variety of vegetables into your daily meals, bowls are the perfect solution. Preheat your oven to 425°F and roast up your favorites. Cauliflower, mushrooms, bell peppers, beets, carrots, zucchini and fennel are all delicious, nutrient-packed options. Chop your veggies into pieces of roughly the same size so that everything cooks at the same rate. Make the most out of your prep by roasting an extra tray of vegetables, leaving you with leftovers.

DRESS IT UP

Like a leafy salad, a great bowl is made even better by a flavorful sauce to tie the flavors together. Store-bought dressings work, or you can easily make your own with olive oil, vinegar (or lemon juice) and salt and pepper. To make sure your bowl provides a satisfying crunch, top it with toasted seeds or nuts. Pumpkin seeds, sunflower seeds, sesame seeds, toasted slivered almonds, pecans and walnuts all deliver plenty of texture.

BE CREATIVE

Whether you call it a grain bowl or a power bowl, this formula is just the starting point for endless inspiration. I like to apply these same principles to a bowl of pasta, mixing in a hearty protein and delicious vegetables with a rich and savory sauce. Bowls are best when they're packed with the foods you love, and they're even better when they pull you out of your weeknight dinner rut.

BEHIND THE BASICS

Deliciously roasted vegetables, tender whole grains: A nutritious and filling grain bowl relies on a few staples. Here's how to perfect them. Plus, the ultimate breakfast bowl.

ROASTING MADE EASY

Top your healthy grain bowl with plenty of delicious vegetables.

Reviewed by dietitian Maria Laura Haddad-Garcia

Crisp on the outside and tender on the inside, roasted vegetables are an easy and delicious way to bolster any grain bowl. Not only are the veggies on these pages packed with nutrients like fiber and vitamin A, these sheet pan sides can pair with any meal. There's no mushy Brussels sprouts or soggy broccoli on these pages. When you cook at temperatures above 330°F, the delicious process of caramelization kicks in (when you steam, it doesn't get above 212°F). At those hotter temperatures, the natural sugars in vegetables turn nutty and richly sweet, resulting in that brown and almost crispy exterior. It's our absolute favorite fail-proof method for delicious vegetables that everyone actually wants to eat. Read on for how to prep and roast our favorite veggies—plus specific times and seasonings.

BEETS, TURNIPS

AMOUNT FOR 4 SERVINGS
1½ pounds

PREP Trim ends, remove any greens and peel; cut into 1-inch pieces or wedges. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
20 to 25 minutes

SERVING SIZE ⅔ cup

NUTRITION INFORMATION*
BEETS: CALORIES 116 **CARBOHYDRATES** 16G **DIETARY FIBER** 5G **PROTEIN** 3G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 405MG

TURNIPS: CALORIES 90 **CARBOHYDRATES** 11G **DIETARY FIBER** 3G **PROTEIN** 2G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 423MG

BROCCOLI, CAULIFLOWER

AMOUNT FOR 4 SERVINGS
1 pound

PREP Cut florets into 1-inch pieces. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
15 to 20 minutes

SERVING SIZE ¾ cup

NUTRITION INFORMATION*
BROCCOLI: CALORIES 74 **CARBOHYDRATES** 6G **DIETARY FIBER** 2G **PROTEIN** 3G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 321MG

CAULIFLOWER: CALORIES 78 **CARBOHYDRATES** 7G **DIETARY FIBER** 3G **PROTEIN** 2G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 325MG

BRUSSELS SPROUTS

AMOUNT FOR 4 SERVINGS
1 pound

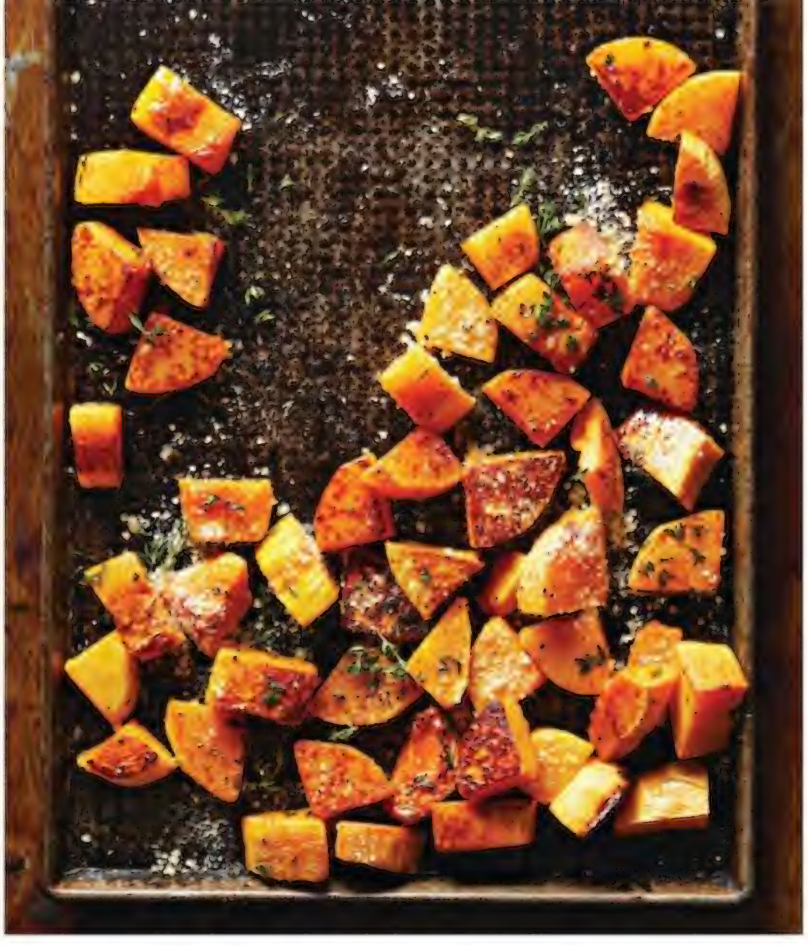
PREP Remove outer leaves, trim stem; quarter larger ones, halve smaller ones. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
15 to 20 minutes

SERVING SIZE ¾ cup

NUTRITION INFORMATION*
CALORIES 91 **CARBOHYDRATES** 10G **DIETARY FIBER** 4G **PROTEIN** 4G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 320MG

*PER SERVING WITH OIL, SALT AND PEPPER



BUTTERNUT SQUASH

AMOUNT FOR 4 SERVINGS
2 pounds

PREP Peel and seed; cut into 1-inch pieces. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
25 to 35 minutes

SERVING SIZE ¾ cup

NUTRITION INFORMATION*
CALORIES 120 **CARBOHYDRATES** 20G **DIETARY FIBER** 6G **PROTEIN** 2G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 299MG

CARROTS, PARSNIPS

AMOUNT FOR 4 SERVINGS
1½ pounds

PREP Peel or scrub; remove woody core from parsnips; cut into ¼-inch slices. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
20 to 25 minutes

SERVING SIZE ½ cup

NUTRITION INFORMATION*
CARROTS: CALORIES 105 **CARBOHYDRATES** 15G **DIETARY FIBER** 4G **PROTEIN** 1G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 395MG

PARSNIPS: CALORIES 138 **CARBOHYDRATES** 23G **DIETARY FIBER** 5G **PROTEIN** 2G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 304MG

FENNEL

AMOUNT FOR 4 SERVINGS
2 large bulbs

PREP Trim stalks and fronds from the bulb, core the bulb and cut into 1-inch wedges. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
25 to 30 minutes

SERVING SIZE ¾ cup

NUTRITION INFORMATION*
CALORIES 79 **CARBOHYDRATES** 9G **DIETARY FIBER** 4G **PROTEIN** 1G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 352MG

GREEN BEANS

AMOUNT FOR 4 SERVINGS
1 pound

PREP Trim stem ends. Toss the vegetables with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
15 to 20 minutes

SERVING SIZE ⅔ cup

NUTRITION INFORMATION*
CALORIES 78
CARBOHYDRATES 8G
DIETARY FIBER 4G **PROTEIN** 2G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 298MG

POTATOES, RED OR YUKON GOLD

AMOUNT FOR 4 SERVINGS
1½ pounds

PREP Scrub (peel if desired); cut into 1-inch pieces or wedges. Toss the potatoes with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
25 to 35 minutes

SERVING SIZE 1 cup

NUTRITION INFORMATION*
RED POTATOES: CALORIES 194 **CARBOHYDRATES** 33G **DIETARY FIBER** 3G **PROTEIN** 4G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 311MG

YUKON GOLD POTATOES: CALORIES 180 **CARBOHYDRATES** 30G **DIETARY FIBER** 2G **PROTEIN** 3G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 291MG

SWEET POTATOES

AMOUNT FOR 4 SERVINGS
1½ pounds

PREP Scrub (peel if desired); cut into 1-inch pieces or wedges. Toss the potatoes with 4 teaspoons extra-virgin olive oil (or canola oil), ½ teaspoon salt and ¼ teaspoon freshly ground pepper.

ROASTING TIME AT 450°F
20 to 25 minutes

SERVING SIZE ¾ cup

NUTRITION INFORMATION*
CALORIES 196
CARBOHYDRATES 35G
DIETARY FIBER 6G **PROTEIN** 3G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 352MG

*PER SERVING WITH OIL, SALT AND PEPPER

A WHOLE-GRAIN FOUNDATION

A perfect bowl needs a delicious and fiber-packed base. Here's the scoop behind these nutrient-dense foods, plus how to cook each grain.

BY CAROLYN MALCOUN, BRIERLEY HORTON, M.S., RD, RACHEL ROSZMANN, NOVELLA LUI, RD, M.H.Sc, DEVINEÉ LINGO, M.S., RDN
Reviewed by dietitian Maria Laura Haddad-Garcia

All grains start out whole. Underneath an inedible shell, the seed or kernel of the plant is made up of three parts—the bran, germ and endosperm. The bran and germ contain fiber, antioxidants, B vitamins, protein and healthy fats, as well as minerals including folate and iron. The endosperm, the "meat" of the grain, serves as energy for the plant in the form of starchy carbohydrates. The mix of nutrients in these layers is what makes whole grains your allies for disease prevention, with greater intake linked to a lower risk of diabetes, some cancers and heart disease, as well as a healthy GI tract.

AMARANTH

Native to the Americas, amaranth was cultivated and consumed by the Aztec, Maya and Inca civilizations, per a 2022 article in *Foods*. Like quinoa, this ancient whole grain is often classified as a pseudocereal, because it is a seed from a different plant species than traditional cereal grains like oats and barley. Yet amaranth is prepared and eaten in the same way as common whole-grain cereals. Amaranth has a pleasant nutty flavor and thick consistency, making it ideal for sweet or savory porridges alike.

According to the USDA, 1 cup of cooked amaranth boasts an impressive 9 grams of protein. Unlike most grains, amaranth is a complete protein with a balanced composition of all nine essential amino acids, which are needed in sufficient amounts to build muscle, hormones, neurotransmitters and immune-supporting antibodies. But that's not all. A 2022 study published in the journal *Food Research International* highlighted that amaranth seeds contain a protein peptide similar to lunasin, found in soybeans and known for helping prevent certain types of cancer.

BASIC RECIPE: Bring 1½ cups water to a boil in a medium saucepan. Add 1 cup amaranth and reduce heat to a simmer. Cover and simmer until the water is absorbed, about 20 minutes. Makes 2½ cups.

NUTRITION FACTS PER 1-CUP COOKED SERVING:
CALORIES 251 **CARBOHYDRATES** 46G **DIETARY FIBER** 5G **PROTEIN** 9G **TOTAL FAT** 4G **SODIUM** 15MG

Vegetable Barley Soup at eatingwell.com/barleysoup

BARLEY

Barley is a chewy and nutty whole grain that can be easily added to soups and salads or enjoyed as a side dish. Barley has a similar nutrition profile to oats, which research shows may help manage your weight, lower blood pressure and improve blood sugar. In fact, oats and barley are the only two grains permitted by the U.S. Food and Drug Administration (FDA) to display the claim that they may reduce the risk of coronary heart disease. Pearled barley has been partially refined, so choose whole-grain barley when possible, since the body digests it more slowly.

BASIC RECIPE: Bring 1 cup pearl barley and 2½ cups water (or broth) to a boil. Reduce heat to a simmer; cook, covered, until tender and most of the liquid has been absorbed, 40 to 50 minutes. Let stand for 5 minutes. Makes 3 to 3½ cups.

NUTRITION FACTS PER 1-CUP COOKED SERVING:
CALORIES 193 **CARBOHYDRATES** 44G **DIETARY FIBER** 6G **PROTEIN** 4G **TOTAL FAT** 1G **SODIUM** 5MG

BROWN RICE

Nutty, fiber-filled brown rice can act as a base for veggies and lean proteins and can even stand in for oatmeal for a different spin on breakfast.

Brown rice is a whole grain. That means the rice grain's outer layers, which contain much of its fiber and nutrients, are still intact. This gives brown rice a chewier texture compared with white rice. Besides gut-friendly fiber, brown rice also provides complex carbohydrates for energy and B vitamins, which help your body use that energy.

If you prefer white rice over brown, you'll still get a little bit of fiber and carbs. Most brands also fortify white rice, which means it, too, provides B vitamins. If you prefer white rice but really want to like brown rice, mix the two together after they've been cooked (brown typically takes longer to cook than white, so cooking them separately is advised). This gives you the best of both rice worlds and will help your palate acclimate to the nuttier, chewier texture of the brown rice.

Sometimes you should rinse rice and sometimes not. It depends on the type of rice, cuisine and dish you're making. Rinsing rice before cooking will remove some of the starch, which sometimes you may want or need, but you might lose a little flavor too. For this basic recipe, we don't recommend rinsing.

BASIC RECIPE: Combine 2½ cups water (or broth) and 1 cup brown rice in a medium saucepan. Bring to a boil. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 40 to 50 minutes. Let stand 5 minutes, then fluff with a fork.

NUTRITION FACTS PER 1-CUP COOKED SERVING:

CALORIES 226 **CARBOHYDRATES** 48G **DIETARY FIBER** 2G **PROTEIN** 4G **TOTAL FAT** 2G **SODIUM** 10MG

BULGUR

Bulgur is a whole-grain staple in Mediterranean and Middle Eastern cuisines. Bulgur is typically made from durum wheat, where the grain is partially boiled, dried and ground before it is sold. Despite the parboiling and grinding process, all parts of the bulgur kernel are retained with most of its nutrients intact, making it a whole grain. Unlike oats, which can have a mushy texture, bulgur has a nutty, rich flavor and distinct chewiness.

Bulgur is a worthy choice for lowering cholesterol because it is also a high-fiber whole grain. Every cup of cooked bulgur has about 8 grams of fiber, contributing close to one-quarter of your daily recommended fiber intake.

Bulgur contains both soluble and insoluble fiber—the former is a type of fiber that dissolves in water and forms a gel-like substance that acts like a sponge. Soluble fiber also reduces cholesterol levels by binding bile, a digestive product that helps digest fat, in the digestive tract, where it's then moved out of the body without being absorbed.

Though the insoluble fiber in bulgur doesn't directly contribute to lowering cholesterol levels, this type of fiber adds bulk to your diet and aids in preventing constipation and promoting regular bowel movements.

Whole grains like bulgur aren't always top of mind when it comes to protein, but bulgur is in fact an excellent source of plant-based protein, offering more than 5 grams for every 1 cup cooked.

Bulgur is an affordable and accessible grain found in the whole-grains section of grocery stores and specialty-foods stores in packages or in bulk. You can also buy bulgur from online retailers.

Owing to its precooked nature, you can prepare bulgur swiftly in 5 to 20 minutes, depending on the type of bulgur and cooking method. You can find fine, medium, coarse and very coarse varieties. The coarser the grain, the longer the cooking time.

BASIC RECIPE: Bring 1 cup bulgur and 1½ cups water (or broth) to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 10 to 15 minutes. (Or pour 1½ cups boiling water or broth over 1 cup bulgur. Let stand, covered, until light and fluffy, about 30 minutes. If all the water is not absorbed, let the bulgur stand longer, or press it in a strainer to remove excess liquid.) Makes 2½ to 3 cups.

NUTRITION FACTS PER 1-CUP COOKED SERVING:

CALORIES 151 **CARBOHYDRATES** 34G **DIETARY FIBER** 8G **PROTEIN** 6G **TOTAL FAT** 0G **SODIUM** 9G

FARRO

Farro is a general name that can apply to three types of wheat: emmer, einkorn and spelt. They're all slightly different grains, but they all fall under the farro umbrella. You may find whole farro (the bran and husk is intact), semi-pearled farro (part of the bran is removed) and pearled farro (most of the bran is removed). If you're looking to try farro, it's good to know which type you're getting.

Farro is widely available—you can find it at most grocery stores and online—but how the different types of farro are labeled could throw you off.

You'll probably encounter "Italian farro" the most. What's labeled as Italian farro, or pearled farro, is usually emmer (but that probably won't be printed on the label). It comes in packages or can be bought in bulk. Because it's pearled, meaning the outer husk and bran have been stripped away, you don't have to soak it overnight.

Italian farro is what most people think of when they think of farro. It cooks fairly quickly and can be ready to serve in about 20 minutes. It's a delightfully large grain with a chewy texture that works well in soups and salads. Cooked, the grain is about the size of a small bean. It makes a good, substantial salad filling and is a great addition to soups.

You can also find whole farro, but because the bran and husk are intact, it will take a lot longer to cook—at least twice as long as the pearled variety. The grains can be soaked before being boiled to speed up the cooking time. If you have a pressure cooker or an Instant Pot, cook 1 cup of whole farro with 4 cups of water and it can be ready in 15 minutes. Last but not least, there is semi-pearled farro—a cross between the two that has some but not all of the bran left.

Some brands only list the ingredients as pearled, semi-pearled or whole-grain farro. While all kinds are delicious, it's worth checking the package for exact instructions, because the grains and processing will vary.

The other type you may see is farro piccolo, which you may mistake for Italian farro. Though it sounds like it should be lumped in with the quick-cooking type, it's actually a different species of wheat—einkorn rather than emmer. It's delicious, nutty and comparable in flavor and texture to brown rice. You can use it the way you'd use any grain—in soups, grain bowls or stir-fries. The process and cooking time are the same as for whole-grain farro from emmer, but always double-check the cooking instructions on the package.

Spelt is a bit different from the other types but is also sometimes called farro on packages. Cooked, the grain is smaller and darker than the other two. Spelt is good in salads, soups and grain bowls. The cooking process is similar to einkorn and emmer—it's boiled in water for about 40 minutes—but check the package for exact instructions.

All three types of farro in their whole-grain form are high in protein and fiber. Einkorn and spelt varieties have a healthy dose of iron, making them excellent options for people on vegetarian and plant-based diets. Pearled and semi-pearled farro lose some (but not all) of their fiber and other nutrients in exchange for a quicker cooking time.

BASIC RECIPE: Bring 3 cups water (or broth) and 1 cup farro to a boil. Stir, reduce heat to a simmer and cook, uncovered, until tender, 15 to 25 minutes. Drain. Makes 3 cups.

NUTRITION FACTS PER 1-CUP UNCOOKED SERVING:

CALORIES 720 **CARBOHYDRATES** 148G **DIETARY FIBER** 20G **PROTEIN** 20G **TOTAL FAT** 8G **SODIUM** 0MG

Spinach Salad with Quinoa, Chicken & Fresh Berries at eatingwell.com/spinachsalad

QUINOA

Easy preparation and fluffy texture make this grain ideal for just about any meal. Quinoa is a source of complete protein and gut-healthy fiber. It also contains a wealth of other nutrients, including manganese, folate, zinc, iron, phosphorus, magnesium and vitamin B1. The antioxidants and other nutrients in quinoa may reduce inflammation, stabilize blood sugar and lower cholesterol.

Awareness of celiac disease and gluten intolerance has become more prevalent. For those following a strict gluten-free diet, quinoa has proven to be a good alternative to gluten-containing grains.

Quinoa seeds contain a gluten-free protein with ample amino acids, according to a 2020 study published in *Proceedings.* Malting the quinoa seeds—a process involving soaking and germination—enhances nutrient absorption. The amino acids, simple sugars and fatty acids released during malting move more easily through your intestine when consumed.

If you purchase prerinsed quinoa, you can use it as is. However, give it a good rinse or soak if you are unsure. Rinsing will remove the natural saponin coating that causes bitterness. Put the quinoa in a fine-mesh strainer under cold running water for about a minute and allow it to drain just before using. Some cooks like to take the process a step further to lower the phytic acid for easier digestion by soaking the quinoa for a couple of hours or even overnight in a ratio of 2:1 water to quinoa.

BASIC RECIPE: Bring 2 cups water (or broth) to a boil; add 1 cup quinoa. Cover and simmer until all the liquid is absorbed, about 15 minutes. Use a fork to fluff and separate the grains. Makes 3 cups.

NUTRITION FACTS PER 1-CUP COOKED SERVING:

CALORIES 222 **CARBOHYDRATES** 39G **DIETARY FIBER** 5G **PROTEIN** 8G **TOTAL FAT** 4G **SODIUM** 13MG

SUPER SAUCE

A dietitian shares a flavor-packed sauce that helps her use up herbs. Plus: Some of our favorite bowl-friendly sauces.

BY JESSICA BALL, M.S., RD
Reviewed by dietitian Maria Laura Haddad-Garcia

Herbs and spices can seriously up the flavor (and even the nutritional value) of your meals without added salt, sugar or fat. However, herbs in particular can have a pretty short shelf life in the fridge—and they often come in large bunches, making them hard to get through. A few weeks ago, I had a bunch of parsley that was starting to wilt. Instead of composting it or throwing it into my stock veggie scraps bag in the freezer, I decided to use it for a simple four-ingredient sauce. And I've been making it on repeat ever since.

This is the sauce I lean on when I'm in a pinch and want to bring any meal together, from eggs at breakfast to grain bowls, sides or salads at dinner. It includes olive oil, lemon juice, finely diced shallots, minced herbs, salt and pepper. You can either whisk the mixture together by hand for a chunkier, more textured sauce or blitz it all together in a food processor for something more smooth. And don't forget to taste and adjust along the way until you find something utterly delicious.

The sauce I make is almost like a pared-down version of our Easy Chimichurri Sauce recipe, seen on the opposite page. But one of the reasons I love my sauce so much is that it's incredibly customizable. Don't have shallots? Try using sliced scallions, finely chopped onions or minced garlic instead. Out of lemons? Swap in any type of vinegar you like; just be mindful that it has a more potent flavor than lemon juice. You can also use basically any herbs that you have, and it's a great way to use up a large amount of herbs that are on their way out. Sometimes I'll even make a big batch so it's ready to use throughout the week.

There are several ways to elevate your meals at home without adding excessive amounts of added sugar, salt or fat, and this sauce is proof. It works just as well as a salad dressing as it does on roasted vegetables or grilled chicken.

Read on for a few more standout sauce ideas to add to your arsenal for topping any delicious bowl.

Easy Chimichurri Sauce

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

- 1 cup finely chopped fresh parsley
- ½ cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon crushed red pepper
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

Mix parsley, oil, vinegar, garlic, oregano, crushed red pepper, salt and pepper in a medium bowl.

SERVINGS 8 **SERVING SIZE** 2 TBSP. **CALORIES** 132 **CARBOHYDRATES** 1G **DIETARY FIBER** 0G **TOTAL SUGARS** 0G **PROTEIN** 0G **TOTAL FAT** 14G **SATURATED FAT** 2G **SODIUM** 125MG

Basic Basil Pesto

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

Simplicity reigns with this traditional sauce—it's just basil, garlic, cheese and olive oil. Our one modification? We like omega-3-laden walnuts in the mix for their crunch and delicate flavor. But pine nuts, almonds, pecans or even pistachios may be substituted for the walnuts.

- 2 cups packed fresh basil leaves (2 to 3 bunches)
- ¼ cup walnut pieces, toasted
- ¼ cup grated Parmigiano-Reggiano cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 1 large clove garlic, quartered
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Place basil, walnuts, Parmigiano-Reggiano, oil, water, garlic, salt and pepper in a food processor; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

SERVINGS 8 **SERVING SIZE** 2 TBSP. **CALORIES** 82 **CARBOHYDRATES** 1G **DIETARY FIBER** 1G **TOTAL SUGARS** 0G **PROTEIN** 2G **TOTAL FAT** 8G **SATURATED FAT** 1G **SODIUM** 180MG

Citrus-Lime Vinaigrette

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Tangy and spicy, this vinaigrette with orange juice, jalapeño pepper and fresh cilantro is perfect when tossed with baby arugula.

- ¼ cup canola oil
- ¼ cup lime juice
- ¼ cup orange juice
- 2 teaspoons minced fresh jalapeño pepper
- ¼ cup snipped fresh cilantro
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

In a screw-top jar, combine all of the ingredients. Cover and shake well.

SERVINGS 8 **SERVING SIZE** 2 TBSP. **CALORIES** 66 **CARBOHYDRATES** 2G **DIETARY FIBER** 0G **TOTAL SUGARS** 0G **PROTEIN** 0G **TOTAL FAT** 7G **SATURATED FAT** 1G **SODIUM** 73MG

Fresh Tomato Salsa

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

This easy recipe yields about 5 cups of salsa—plenty to serve a crowd. If you like it spicy, use the full amount of jalapeños and add more cayenne pepper. Serve with chips, tacos and more.

- 4 cups diced tomatoes (5 or 6 medium)
- ¾ cup finely diced red onion (about 1 small)
- ¼ cup red-wine vinegar
- 1–2 jalapeño peppers, seeded and minced
- ½ cup chopped fresh cilantro
- ½ teaspoon salt
- Pinch of cayenne pepper, or more to taste

Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and cayenne in a medium bowl. Refrigerate until ready to serve.

SERVINGS 10 **SERVING SIZE** ½ CUP
CALORIES 18 **CARBOHYDRATES** 4G
DIETARY FIBER 1G **TOTAL SUGARS** 3G
PROTEIN 1G **TOTAL FAT** 0G **SODIUM** 121MG

Chipotle Sauce

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Drizzle this creamy sauce over tacos or burrito bowls, or enjoy it as a dip for quesadillas, french fries or fresh veggies. You can easily adjust the heat level by using more or fewer chipotle peppers. The optional honey also helps tame the heat and adds just a hint of sweetness.

- ½ cup whole-milk plain strained yogurt
- ⅓ cup sour cream
- 2–3 canned chipotle peppers in adobo, plus 1 tablespoon adobo sauce
- ¼ cup packed fresh cilantro leaves and tender stems
- 1 tablespoon fresh lime juice
- 1 teaspoon honey (optional)
- 1 clove garlic
- ½ teaspoon salt
- ¼ teaspoon ground cumin

Combine yogurt, sour cream, chipotles to taste, adobo, cilantro, lime juice, honey (if using), garlic, salt and cumin in a food processor. Process until the mixture is well combined and creamy and the cilantro is very finely chopped, 45 seconds to 1 minute.

SERVINGS 10 **SERVING SIZE** ABOUT 2 TBSP. **CALORIES** 28 **CARBOHYDRATES** 1G **TOTAL SUGARS** 1G **PROTEIN** 2G **TOTAL FAT** 2G **SATURATED FAT** 1G **SODIUM** 144MG

OATMEAL POWER

With a bit of milk and the toppings of your choice, oatmeal can be your go-to morning staple for a filling, healthy breakfast.

BY ERIN ALDERSON, KATIE PARKER AND MATTHEW THOMPSON
Reviewed by dietitian Jessica Ball, M.S., RD

There's nothing like a bowl of wholesome, fiber-rich oatmeal to start your morning on a cold day. Oatmeal is a satisfying, healthy morning meal. It's a whole grain—something most Americans don't eat often enough. It is high in soluble fiber, which may help lower LDL ("bad") cholesterol, and has 6 grams of protein in a 1-cup serving, per the USDA, which will go a long way to helping you feel satisfied until lunch. Here are cooking methods for the most common types of oatmeal. Use these instructions to prepare one serving of oatmeal, or follow the package directions. One serving of each type of oatmeal (prepared with water) is about 150 calories, according to the USDA.

HOW TO MAKE OATMEAL

Quick-Cooking Oats

Also known as quick oats, quick-cooking oats have been precooked, then dried and rolled. As the name suggests, they have a short cooking time and are sometimes labeled "instant oats" or "instant oatmeal."

STOVETOP

1. Bring 1 cup of milk or water and a pinch of salt (if desired) to a boil in a small saucepan.
2. Stir in ½ cup of oats and reduce heat to medium; cook for 1 minute.
3. Remove from heat, cover and let stand for 2 to 3 minutes.

MICROWAVE

1. Combine 1 cup of water (or nonfat or low-fat milk), ½ cup of oats and a pinch of salt (if desired) in a 2-cup microwavable bowl.
2. Microwave on high for 1½ to 2 minutes.
3. Stir before serving.

Old-Fashioned Oats

These oats have been steamed and then rolled. They are sometimes labeled "rolled oats." For a creamier texture, use milk.

STOVETOP

1. Bring 1 cup of water (or nonfat or low-fat milk) and a pinch of salt (if desired) to a boil in a small saucepan.
2. Stir in ½ cup of oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes.
3. Remove from heat, cover and let stand for 2 to 3 minutes.

MICROWAVE

1. Combine 1 cup of water (or nonfat or low-fat milk), ½ cup of oats and a pinch of salt (if desired) in a 2-cup microwavable bowl.
2. Microwave on high for 2½ to 3 minutes.
3. Stir before serving.

Steel-Cut Oats

These oats are toasted and cut into oat groats—the oat kernel that has been removed from the husk. It's not difficult to cook steel-cut oats, but they do take a little bit more time. They are sometimes labeled "Irish oatmeal."

STOVETOP

1. Bring 1 cup of water or milk and a pinch of salt (if desired) to a boil in a small saucepan.
2. Stir in ¼ cup of oats and reduce heat to low; cook, stirring occasionally until the oats are the desired texture, 20 to 30 minutes.

TOPPING TIME

Take basic oatmeal to new levels with your own mix-ins. Nothing is off limits—from sweet and berry-licious to savory and eggy, permission is granted to get creative!

Oats are like a blank canvas, begging you to add your creative flair. They're also rich in fiber and complex carbohydrates, and eating them regularly may reduce your cholesterol. Despite their fiber content, many people find that oats don't satisfy them as long as they'd like. For this reason, consider having some protein with them—toss in a handful of nuts, add a swirl of nut butter or cook up an egg or two to have on the side.

Here's a list of some of our favorite toppings that can elevate a plain bowl of oatmeal into something grand, plus add more nutrition and fiber to your day.

FRUIT (FRESH, FROZEN OR DRIED): bananas or apples; chopped stone fruits like cherries, apricots, peaches, mangoes and nectarines; berries; applesauce, jam or preserves.

NUTS OR SEEDS: crushed almonds, hazelnuts, pecans, pistachios, walnuts, peanut butter; chia seeds, ground flaxseeds or sesame seeds.

SWEETENERS: brown sugar, honey, maple syrup, shaved dark chocolate.

SPICES: ginger, cardamom, cinnamon or nutmeg.

DAIRY AND DAIRY ALTERNATIVES: milk, yogurt or plant-based, calcium-fortified milk.

COMBINATIONS TO TRY
1 soft-boiled egg
+ ⅓ cup sautéed spinach
+ 1 teaspoon chia seeds
+ 1 teaspoon chili crisp or togarashi seasoning (omit honey and cinnamon from base recipe)
½ medium banana, sliced
+ 1 tablespoon peanut butter
+ 1 teaspoon chia seeds
+ 1 teaspoon brown sugar

NOTES FROM THE TEST KITCHEN

Both old-fashioned oats and quick oats are oat groats that are steamed and pressed (or rolled) into flakes. Old-fashioned oats are steamed and pressed a little less than quick-cooking oats, which helps them retain their texture when they're cooked. Old-fashioned oats take longer to cook than quick-cooking oats (about 5 minutes for old-fashioned oats versus 1 minute for quick oats).

Whether you choose steel-cut oats, old-fashioned (rolled) oats or plain instant oats, the nutrition is the same. You'll get complex carbs, fiber, plant-based protein, vitamins and minerals. Eating oats has been linked to reduced cholesterol levels, balanced blood sugar and a healthy digestive tract.

Old-fashioned oats are a make-ahead winner. You can whip up a batch and enjoy it for the next five days. Make sure you cool the oatmeal before adding it to airtight containers and placing it in the fridge. It can easily be reheated on the stove or in the microwave, but it's best to add a little milk or water to it before doing so.

Adding a pinch of salt is important when cooking

¼ cup shredded carrot
+ 1 tablespoon chopped toasted walnuts
+ 1 tablespoon golden raisins
+ ¼ teaspoon cinnamon
¼ cup blueberries
+ 1 tablespoon toasted coconut flakes
+ 1 tablespoon chopped toasted macadamia nuts
+ 1 teaspoon honey
¼ cup sliced peaches
+ 2 tablespoons cinnamon granola
+ 2 tablespoons vanilla yogurt

oatmeal, as it helps bring out a nutty oat flavor.

The recipes here are for a single serving, but if you want to make multiple servings, the oats-to-liquid ratio is always 1:2. You can freeze cooked oatmeal in freezer-safe bags, which will keep it good for up to three months.

To reheat, transfer the oatmeal to a bowl and heat it in the microwave on high for about 45 seconds, then stir and microwave for another minute. If it's dry, add a small amount of milk, water or mashed banana. We recommend low-fat milk, but you can use any milk or non-dairy milk.

BOWL RECIPES

Ready for some inspiration? Here's an array of delicious bowls to add to your weekly rotation.

HIGH PROTEIN
PAGE 28

MEATLESS MEALS
PAGE 46

PASTA POWER
PAGE 64

PREP AHEAD
PAGE 80

SWEET BITES
PAGE 88

HIGH PROTEIN

These powerhouse recipes include at least 15 grams of protein in each serving, and they don't skimp on other good-for-you nutrients and veggies.

Crispy Salmon Rice Bowls

ACTIVE TIME: 15 min
TOTAL TIME: 25 min

Tender salmon gets a sweet and crispy coating thanks to a sweet and savory teriyaki glaze. Because the glaze is sweet and sugar can burn easily, it's best to roast the salmon pieces without it, then apply the glaze to cook for just a few minutes under the broiler. We love crunchy cucumber and creamy avocado as toppings, but feel free to add whatever you like best for your own spin on this easy meal. If you can't find Sriracha mayo, make your own by mixing mayo and Sriracha to your preferred spice level.

- 1 pound skinless center-cut salmon fillet, cut into 1½-inch chunks
- 1 tablespoon sesame oil
- ¼ cup teriyaki glaze, preferably low-sodium
- 2 cups hot cooked brown rice
- 1 cup cooked shelled edamame
- 2 scallions, sliced
- 1 cup diced cucumber
- 1 medium avocado, sliced
- 2 tablespoons Sriracha mayonnaise
- 2 teaspoons toasted sesame seeds (optional)

1. Position oven rack in upper third; preheat to 450°F. Line a large rimmed baking sheet with foil and coat with cooking spray. Toss salmon and sesame oil together on the prepared baking sheet. Roast until opaque on the outside, about 6 minutes. Remove from the oven and turn the broiler to high. Drizzle the salmon with teriyaki glaze and toss to coat. Broil until browned, crispy and just cooked through, 2 to 3 minutes.
2. Meanwhile, combine rice, edamame and scallions in a medium bowl; divide among four bowls.
3. Divide cucumber and avocado among the bowls. Top with the salmon. Drizzle with the remaining glaze from the baking sheet and Sriracha mayonnaise. Sprinkle with sesame seeds, if desired.

SERVINGS 4 **SERVING SIZE** 3 OZ. SALMON & ¾ CUP RICE MIXTURE **CALORIES** 619 **CARBOHYDRATES** 38G **DIETARY FIBER** 10G **TOTAL SUGARS** 4G **ADDED SUGARS** 4G **PROTEIN** 33G **TOTAL FAT** 38G **SATURATED FAT** 6G **SODIUM** 458MG

Chicken Hummus Bowls

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

The spiced chicken for these bowls is ready fast with the help of the broiler. Serve with warm whole-wheat pita for scooping up extra hummus at the bottom of the bowl.

- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt, divided
- 2 cloves garlic, finely chopped
- 2 tablespoons lemon juice
- 2 cups hummus
- 1 English cucumber, halved lengthwise and sliced
- 1 pint cherry tomatoes, halved
- ¼ cup slivered red onion
- ¼ cup chopped fresh parsley

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
2. Toss chicken with 1 tablespoon oil, cumin, paprika, cayenne and ⅛ teaspoon salt. Spread evenly on the prepared pan. Broil until just cooked through, 5 to 7 minutes.
3. Meanwhile, mash garlic and the remaining ⅛ teaspoon salt into a paste with a fork. Transfer to a medium bowl and whisk in lemon juice and the remaining 2 tablespoons oil. Add the chicken and let stand for 5 minutes, stirring occasionally.
4. Divide hummus among four shallow bowls or plates. Top with the chicken and any remaining dressing, cucumber, tomatoes, onion and parsley.

SERVINGS 4 **SERVING SIZE** ½ CUP EACH HUMMUS, CHICKEN, TOMATOES & CUCUMBER
CALORIES 485 **CARBOHYDRATES** 27G **DIETARY FIBER** 10G **TOTAL SUGARS** 4G **PROTEIN** 31G **TOTAL FAT** 29G **SATURATED FAT** 5G **SODIUM** 712MG

Bibimbap-Inspired Rice Bowls

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

These protein-rich brown-rice bowls take inspiration from Korean bibimbap, with a mix of sweet and spicy ground beef and sliced veggies topped with a fried egg. Gochujang, a fermented paste made from chiles, soybeans and rice, adds subtle spice and tons of complexity. Toasted sesame oil finishes the dish with a nutty flavor.

- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon gochujang
- 1 tablespoon rice vinegar
- 1 tablespoon honey

- 1 teaspoon sesame oil
- 1 teaspoon grated garlic
- 3 small scallions
- 2 tablespoons canola oil, divided
- 1 cup chopped white onion
- 1 pound lean ground beef
- ¼ teaspoon salt
- 4 large eggs
- 2 cups hot cooked brown rice
- 2 small Persian cucumbers, thinly sliced
- 1 cup matchstick carrots
- 1 cup thinly sliced radish
- 1 tablespoon toasted sesame seeds
- 1½ tablespoons toasted sesame oil

1. Combine soy sauce, gochujang, vinegar, honey, sesame oil and garlic in a small bowl. Slice white and light green scallion parts on an angle about ¼-inch thick (about ¼ cup). Thinly slice dark green scallion parts on an angle (about 2 tablespoons).
2. Heat 1 tablespoon canola oil in a wok or large nonstick skillet over medium-high heat until shimmering. Add onion; cook, stirring often, until softened and translucent, about 4 minutes. Add ground beef and salt; cook, stirring constantly to break the meat into crumbles, until browned, 4 to 5 minutes. Add the soy sauce mixture; cook, stirring often, until the sauce is slightly thickened and coats the meat, about 2 minutes. Stir in the white and light green scallion slices. Remove from heat and cover.
3. In a separate large nonstick skillet, heat the remaining 1 tablespoon canola oil over medium-high heat. Crack eggs into the pan; cook until the whites are set and the edges are crispy, about 3 minutes. Remove from heat.
4. Divide rice among four bowls. Top with beef mixture, cucumbers, carrots, radishes and the fried eggs. Sprinkle with the dark green scallion slices and sesame seeds. Drizzle evenly with toasted sesame oil.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 599 **CARBOHYDRATES** 44G
DIETARY FIBER 5G **TOTAL SUGARS** 10G
ADDED SUGARS 5G **PROTEIN** 34G **TOTAL FAT** 32G **SATURATED FAT** 8G **SODIUM** 711MG

Chicken, Avocado & Quinoa Bowls with Herb Dressing

ACTIVE TIME: 15 min
TOTAL TIME: 30 min

Arrange the toppings individually on these protein-packed grain bowls so each bite has a contrasting taste and texture. Make big batches of the salad dressing, quinoa and roasted chicken thighs and you'll have healthy meal-prep lunches or dinners for days. The chicken thighs take just 15 minutes to prep, but you can also make the salads with leftover chicken or store-bought cooked chicken to make prep even faster.

Roasted chicken thighs
- 5 boneless, skinless chicken thighs (about 1¼ pounds), trimmed
- ½ teaspoon ground pepper
- ¼ teaspoon salt

Quinoa
- 3 cups low-sodium chicken broth
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- 1½ cups quinoa

Italian dressing
- ¾ cup red-wine vinegar
- 5 tablespoons water
- 1½ tablespoons sugar
- 1 tablespoon Dijon mustard
- 1 large clove garlic
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1¾ cups extra-virgin olive oil

Toppings
- 1 (15 ounce) can chickpeas, rinsed
- 1 avocado, sliced
- 6 radishes, thinly sliced
- 1 cup sprouts or shoots
- ¼ cup toasted seeds or chopped nuts

1. To prepare chicken: Preheat oven to 425°F. Place chicken on a baking sheet. Sprinkle with pepper and salt. Roast until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 14 to 16 minutes. Slice 4 of the thighs. (Reserve 1 thigh for another use.)

2. Meanwhile, prepare quinoa: Combine broth, oil and salt in a large saucepan. Bring to a simmer over high heat. Stir in quinoa and return to a simmer. Reduce heat and simmer until the quinoa has absorbed all the liquid and the grains have burst, 15 to 20 minutes. Remove from heat, cover and let stand for 5 minutes. (Reserve 2 cups for another use.)

3. To prepare dressing: Combine vinegar, water, sugar, mustard, garlic, basil, oregano, salt and pepper in a blender. Puree until smooth. With the motor running, slowly add oil and puree until creamy. (Transfer 1¾ cups to a large mason jar and refrigerate for up to 1 week.)

4. To assemble bowls: Divide 3 cups quinoa among four large shallow bowls. Top with the chicken, chickpeas, avocado, radishes and sprouts (or shoots); sprinkle with seeds (or nuts). Drizzle with ¾ cup dressing.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 753 **CARBOHYDRATES** 43G
DIETARY FIBER 10G **TOTAL SUGARS** 5G
PROTEIN 34G **TOTAL FAT** 50G **SATURATED FAT** 8G **SODIUM** 490MG

Pancetta, Tomato & Avocado Grain Bowls

ACTIVE TIME: 35 min
TOTAL TIME: 55 min

These hearty breakfast bowls feature grilled avocado, poached eggs, candied pancetta, quinoa, watercress and cherry tomatoes for a blast of flavor. Packed with fiber and protein, it will power you through your day.

- 1½ tablespoons light brown sugar
- ½ teaspoon smoked paprika
- ¼ teaspoon ground fennel seeds
- 4 (1 ounce) uncured pancetta slices
- 1 cup quinoa
- 2 ripe avocados, halved
- 4 large eggs, poached
- 2 cups packed watercress
- 1 pint cherry tomatoes, halved
- 4 teaspoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

1. Preheat oven to 300°F. Line a baking sheet with parchment paper.

2. Stir together brown sugar, paprika and fennel in a small bowl. Place pancetta on prepared baking sheet. Rub brown sugar mixture evenly on both sides of pancetta slices. Bake in preheated oven until crispy, 20 to 22 minutes.

3. Meanwhile, cook quinoa according to package directions. Set aside.

4. Heat a lightly greased cast-iron grill pan over medium-high. Place avocados, cut side down, on grill pan; grill until char marks appear, about 1 minute. Rotate each avocado 45 degrees (to create criss-crossed marks), and grill until char marks appear, about 1 minute. Set aside.

5. Divide quinoa evenly among four shallow bowls. Top each with 1 grilled avocado half, 1 candied pancetta round, 1 poached egg, ½ cup watercress and some tomatoes. Drizzle the watercress, avocado and tomatoes with oil. Sprinkle the bowls with salt and pepper.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 573 **CARBOHYDRATES** 45G
DIETARY FIBER 11G **TOTAL SUGARS** 7G
ADDED SUGARS 1G **PROTEIN** 20G **TOTAL FAT** 36G **SATURATED FAT** 9G **SODIUM** 803MG

Pesto Chicken Quinoa Bowls

ACTIVE TIME: 15 min
TOTAL TIME: 1 hr

This bowl is packed with herbs from the basil pesto and the Italian spice mix and gets a slight kick of heat from the red pepper. If you enjoy the flavor profile, this recipe can also be made with orzo in place of quinoa.

- 1 tablespoon dried Italian seasoning
- 3 cloves garlic, minced
- 1¼ teaspoons salt
- ¾ teaspoon ground pepper
- ½ teaspoon crushed red pepper
- 1½ pounds boneless, skinless chicken thighs
- 2 medium zucchini, sliced into ½-inch-thick half-moons
- 2 cups cherry tomatoes
- 2 tablespoons extra-virgin olive oil
- 1¾ cups water
- 1 cup white quinoa
- ½ cup prepared basil pesto
- Thinly sliced fresh basil for garnish

1. Preheat oven to 400°F. Line a large rimmed baking sheet with foil. Combine Italian seasoning, garlic, salt, pepper and crushed red pepper in a small bowl.

2. Toss chicken, zucchini, tomatoes, oil and the Italian seasoning mixture together in a large bowl until evenly coated. Arrange chicken and vegetables in a single layer on the prepared baking sheet.

3. Roast until the zucchini is tender, the tomatoes start to burst and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 20 minutes. Remove from oven; let cool for about 10 minutes. Transfer the chicken to a plate and shred, using two forks.

4. Meanwhile, combine water and quinoa in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to low; cover and simmer until the liquid is absorbed, 12 to 15 minutes. Remove from heat; let stand for 5 minutes. Fluff with a fork.

5. Transfer the cooked quinoa and the roasted vegetables (with any juices from the baking sheet) to a large bowl. Add pesto; gently fold together until well combined. Divide the mixture among six bowls. Top evenly with the shredded chicken; garnish with basil, if desired.

SERVINGS 6 **SERVING SIZE** ABOUT ½ CUP CHICKEN & 1 CUP QUINOA-VEGETABLE MIXTURE **CALORIES** 327 **CARBOHYDRATES** 15G **DIETARY FIBER** 3G **TOTAL SUGARS** 4G **PROTEIN** 23G **TOTAL FAT** 21G **SATURATED FAT** 4G **SODIUM** 783MG

Fish Taco Bowls with Green Cabbage Slaw

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

Fresh salsa verde, green cabbage and avocado all contribute to the vibrant green color of these light and bright fish taco bowls. We love the mild flavor and firm, meaty texture of halibut, but any firm white fish, like mahi mahi or tilapia, will work well in its place. We garnish this flavorful taco bowl with cilantro, but if you want to take it a step further, try toppings like sprouts or watermelon radishes for even more bright-green color.

- 1 cup packed baby spinach
- 1 small jalapeño pepper, roughly chopped
- 1 small shallot, roughly chopped
- 1 anchovy fillet
- 2 tablespoons water
- 1 cup packed fresh cilantro leaves, divided, plus more for garnish
- ¼ cup fresh lime juice, divided, plus lime wedges for serving
- ¾ teaspoon salt, divided
- 2 cups finely shredded green cabbage
- 1 (1½ pound) skinless halibut fillet
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground pepper
- 2 cups hot cooked long-grain brown rice
- 2 medium avocados, thinly sliced

1. Combine spinach, jalapeño, shallot, anchovy, water, ¾ cup cilantro, 2 tablespoons lime juice and ¼ teaspoon salt in a blender; process until smooth, about 30 seconds. Transfer to a small bowl, cover and let stand at room temperature until ready to serve.
2. Toss cabbage, ¼ teaspoon salt and the remaining ¼ cup cilantro and 2 tablespoons lime juice together in a medium bowl.
3. Heat a grill pan over medium-high heat. Coat both sides of fish with oil and sprinkle with pepper and the remaining ¼ teaspoon salt. Cook, flipping once, until the fish is opaque and flakes easily with a fork, 3 to 5 minutes per side (depending on thickness).
4. Divide rice among four bowls and top each with fish, avocado and cabbage slaw. Drizzle the bowls with salsa verde. Garnish with additional cilantro leaves and serve with lime wedges, if desired.

SERVINGS 4 **SERVING SIZE** 1 BOWL **CALORIES** 529 **CARBOHYDRATES** 40G **DIETARY FIBER** 10G **TOTAL SUGARS** 3G **PROTEIN** 38G **TOTAL FAT** 25G **SATURATED FAT** 4G **SODIUM** 620MG

Green Veggie Bowls with Chicken & Lemon-Tahini Dressing

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

For this healthy dinner, treat your veggies like pasta and cook until al dente, or just done. If you have a little extra time, double or triple the lemon-tahini dressing and use it to quickly dress a salad or as a sauce for steak or shrimp.

- ¼ cup tahini
- ¼ cup cold water plus 2 tablespoons, divided
- ¼ cup lemon juice
- ½ teaspoon minced garlic plus 2 sliced garlic cloves, divided
- ¼ teaspoon ground cumin
- ½ teaspoon kosher salt, divided
- 1 cup green beans
- 1 small broccoli crown
- 4 (4 ounce) chicken cutlets, trimmed
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil, divided
- ½ large red onion, sliced
- 4 cups thinly sliced kale
- 2 cups cooked brown rice
- ¼ cup chopped fresh cilantro

1. Whisk tahini and ¼ cup water in a small bowl until smooth. Add lemon juice, minced garlic, cumin and ¼ teaspoon salt and whisk to combine. Set aside.
2. Trim green beans and cut in half. Break broccoli into florets. Measure 1 cup (reserve the rest for another use).
3. Season chicken with the remaining ¼ teaspoon salt and pepper. Heat 1 tablespoon oil in a large cast-iron skillet over medium heat. Add the chicken and cook until an instant-read thermometer registers 160°F, 3 to 5 minutes per side. Transfer to a clean cutting board and tent with foil to keep warm.
4. Wipe out the pan and add the remaining 1 tablespoon oil. Add onion and cook, stirring occasionally, for 2 minutes. Add sliced garlic and cook for 30 seconds, then add the broccoli and green beans. Cook, stirring occasionally, for 2 minutes. Stir in kale and add the remaining 2 tablespoons water. Cover and steam until the vegetables are tender-crisp, 1 to 2 minutes.
5. Slice the chicken.
6. To serve, divide rice and the vegetables among four bowls and top with the chicken. Drizzle with the reserved dressing and sprinkle with cilantro.

SERVINGS 4 **SERVING SIZE** 3 OZ. CHICKEN, 1 CUP VEGETABLES, ½ CUP RICE & 2 TBSP. DRESSING **CALORIES** 452 **CARBOHYDRATES** 42G **DIETARY FIBER** 5G **TOTAL SUGARS** 3G **PROTEIN** 35G **TOTAL FAT** 18G **SATURATED FAT** 2G **SODIUM** 361MG

Cilantro-Lime Shrimp Bowls

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

This bowl has tons of flavor and texture. The cilantro-lime shrimp is tangy and fresh, with brown rice and creamy avocado to balance the flavor. The two-chile cream sauce is easy to make and brings all the flavors of this bowl dinner together.

- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 cup fresh corn kernels (from 2 ears) or 1 cup thawed frozen corn
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 (4 ounce) can Hatch chiles, undrained
- ¼ cup plain whole-milk strained yogurt
- 1 serrano chile, stemmed
- 3 tablespoons avocado oil, divided
- 4 tablespoons lime juice, divided
- 2 tablespoons finely chopped garlic, divided
- 1 pound large raw shrimp, peeled and deveined
- 1 teaspoon grated lime zest
- ½ cup chopped fresh cilantro, plus more for garnish
- 2 cups hot cooked brown rice
- 1 avocado, sliced
- Lime wedges for serving

1. Combine black beans, corn and ¼ teaspoon each salt and pepper in a medium bowl. Set aside.
2. Combine Hatch chiles, yogurt, serrano, 1 tablespoon oil, 1 tablespoon lime juice, ½ tablespoon garlic and ¼ teaspoon salt in a blender; process until smooth, about 1 minute. Set the yogurt sauce aside.
3. Toss shrimp with the remaining 1½ tablespoons garlic and ¼ teaspoon each salt and pepper. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the shrimp in a single layer and cook, undisturbed, for 4 minutes. Add lime zest, cilantro and the remaining 3 tablespoons lime juice; stir to combine. Cook, stirring often, until the shrimp are opaque, 2 to 3 minutes.
4. Divide rice, shrimp, black bean mixture and avocado evenly among four bowls and drizzle with yogurt sauce. Garnish with additional cilantro and serve with lime wedges, if desired.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 541 **CARBOHYDRATES** 55G
DIETARY FIBER 11G **TOTAL SUGARS** 4G
PROTEIN 27G **TOTAL FAT** 23G **SATURATED FAT** 3G **SODIUM** 672MG

Crispy Chicken Rice Bowls

ACTIVE TIME: 35 min
TOTAL TIME: 35 min

This delightful dinner combines crispy breaded chicken cutlets with brown rice and tender-crisp veggies. The refreshing mint sauce is the star, bringing a burst of cool, zesty freshness. We love the combination of cooked zucchini, fresh cabbage, cherry tomatoes and shredded carrot to finish the dish, but any combination of your favorite fresh or cooked vegetables will work.

- ½ cup whole-milk plain strained yogurt, divided
- ¼ cup chopped fresh mint
- 2 teaspoons lemon juice
- 1 clove garlic, grated (about ½ teaspoon)
- 1 teaspoon ground cumin, divided
- 1 teaspoon salt, divided
- 3 tablespoons water, divided
- 4 (4 ounce) chicken cutlets, patted dry
- ⅓ cup all-purpose flour
- 1½ cups whole-wheat panko breadcrumbs
- 1 large egg
- 4½ tablespoons canola oil, divided
- 2¼ cups very thinly sliced zucchini (about 2 small)
- 2 cups hot cooked brown rice
- ½ cup thinly sliced red cabbage
- ½ cup halved cherry tomatoes
- ¼ cup shredded carrot

1. Combine yogurt, mint, lemon juice and ½ teaspoon each garlic, cumin and salt in a food processor; process until very smooth, 1 to 2 minutes, stopping to scrape down sides of bowl once or twice. With the processor running, slowly pour 2 tablespoons water through the chute; process until the mint is blended and the mixture appears lighter in texture, about 2 minutes, stopping to scrape down sides of bowl as needed. Transfer to a bowl; cover and refrigerate until ready to use.
2. Place 1 chicken cutlet between 2 sheets of plastic wrap or parchment paper on a cutting board. Using a meat mallet or rolling pin, gently pound to ¼-inch thickness. Repeat with the remaining 3 cutlets.
3. Place flour in a shallow dish; combine panko and the remaining ½ teaspoon cumin in a separate shallow dish. Crack egg into a third shallow dish; add the remaining 1 tablespoon water and whisk until combined.
4. Dredge 1 cutlet in the flour, turning to coat. Place the floured cutlet in the egg mixture; turn to coat, letting excess drip back into the dish. Place the cutlet in the panko mixture; turn to coat, patting lightly to adhere. Transfer to a large plate. Repeat with the remaining cutlets.
5. Heat 2 tablespoons oil in a large skillet over medium heat. Add 2 breaded cutlets; cook, flipping once, until golden brown and crispy and an instant-read thermometer inserted into the thickest portion registers 165°F, 6 to 8 minutes. Reduce heat to medium-low as needed to prevent burning. Transfer to a large plate. Repeat with 2 tablespoons oil and the remaining 2 cutlets. Once all the chicken is cooked, sprinkle with ¼ teaspoon salt.
6. Wipe the skillet clean; heat the remaining ½ teaspoon oil over medium-high heat until shimmering. Add zucchini and the remaining ¼ teaspoon salt; cook, stirring occasionally, until the zucchini begins to brown, 2 to 3 minutes.
7. Divide rice among four bowls; place a chicken cutlet on each. Distribute the zucchini slices, cabbage, tomatoes and carrots among the bowls. Drizzle with the yogurt sauce.

SERVINGS 4 **SERVING SIZE** 1 CUTLET, ½ CUP RICE, ¾ CUP VEGETABLES & 3 TBSP. SAUCE **CALORIES** 558 **CARBOHYDRATES** 47G **DIETARY FIBER** 5G **TOTAL SUGARS** 4G **PROTEIN** 37G **TOTAL FAT** 25G **SATURATED FAT** 3G **SODIUM** 776MG

Charro Beans with Chorizo & Kale Slaw

ACTIVE TIME: 35 min
TOTAL TIME: 2 hr 30 min

This recipe gets its name from the Mexican cowboys (charros) who cooked these soupy beans over campfires as they traveled the open range. The kale slaw is a bright foil for the earthy dish. Enjoy a bowl as is, or scoop it up with warm tortillas. Find Mexican-style chorizo near other sausage in well-stocked supermarkets or Latin American markets.

- 1 pound dried pinto beans (about 2 cups), soaked overnight
- 9 ounces Mexican-style chorizo, casing removed
- 1 medium onion, diced
- 3 cloves garlic, chopped
- 1½ teaspoons salt, divided
- ¼ teaspoon ground pepper
- 6 cups very thinly sliced kale
- 1½ tablespoons lime juice
- 1 small carrot, shredded
- 2 tablespoons pepitas, toasted

1. Drain the soaked beans and rinse. Place in a large pot and add water to cover by at least 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 1 to 1½ hours. (Alternatively, cook beans in a pressure cooker or slow cooker.) Reserve 2 cups of the cooking liquid and drain the beans.

2. Cook chorizo, onion and garlic in the pot over medium heat, stirring frequently to break up the sausage, until the onion and garlic are tender, 8 to 12 minutes. Stir in the reserved cooking liquid, scraping up any browned bits. Add the beans, ¾ teaspoon salt and pepper. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 10 minutes.

3. Meanwhile, place kale in a large bowl. Drizzle with lime juice and sprinkle with the remaining ¾ teaspoon salt. Massage the kale until wilted and darker green. Add carrot and pepitas; toss well. Serve the beans topped with the slaw.

SERVINGS 8 **SERVING SIZE** 1 CUP BEANS & ½ CUP SLAW **CALORIES** 361 **CARBOHYDRATES** 43G **DIETARY FIBER** 14G **TOTAL SUGARS** 2G **PROTEIN** 19G **TOTAL FAT** 14G **SATURATED FAT** 4G **SODIUM** 600MG

Sesame-Crusted-Tuna Rice Bowls

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

This easy meal features seared tuna steaks coated in sesame seeds, precooked brown rice for speedy prep, and a medley of fresh and flavorful toppings. And the best part? It's done in 30 minutes.

- 4 tablespoons sesame seeds
- 2 (8 ounce) ahi tuna fillets
- 2 tablespoons canola oil
- 2½ tablespoons toasted sesame oil, divided
- 16 ounces baby spinach, divided
- 4 tablespoons thinly sliced scallions, divided
- 2½ teaspoons reduced-sodium tamari, divided
- 2 teaspoons unseasoned rice vinegar
- 1 teaspoon grated fresh ginger (from ½-inch piece)
- 3 cloves garlic, grated (about 1 teaspoon)
- ¼ cup mayonnaise
- 1 teaspoon gochujang (Korean chile paste)
- 2 (8.8 ounce) packages precooked microwavable brown rice
- ½ teaspoon salt, divided

1. Place sesame seeds on a large plate. Place tuna fillets in the sesame seeds; flip to coat both sides. Heat canola oil in a large nonstick skillet over medium-high heat until shimmering. Add the tuna; cook, flipping once, until the sesame seeds are golden brown and crispy, 4 to 6 minutes for rare. Transfer to a cutting board. Do not wipe the skillet clean.

2. Heat 1½ teaspoons sesame oil in the skillet over medium heat. Add 8 ounces baby spinach; cook, stirring occasionally, until completely wilted, about 2 minutes. Add the remaining spinach; cook, stirring occasionally, until all the spinach is wilted and looks dry, 6 to 8 minutes. Remove from heat; stir in 3 tablespoons scallions, 1 tablespoon sesame oil, 1½ teaspoons tamari, rice vinegar and the grated ginger and garlic.

3. In a small bowl, combine mayonnaise, gochujang and the remaining 1 teaspoon tamari.

4. Prepare rice according to package directions. Transfer the rice to a medium bowl; stir in ¼ teaspoon salt and the remaining 1 tablespoon sesame oil. Divide the rice among four bowls. Top each with about ⅓ cup spinach mixture. Slice the tuna ¼-inch thick, sprinkle with the remaining ¼ teaspoon salt and arrange on top of the rice. Drizzle each bowl with 1 tablespoon gochujang mayonnaise; sprinkle the bowls with the remaining 1 tablespoon scallions.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 578 **CARBOHYDRATES** 39G
DIETARY FIBER 7G **TOTAL SUGARS** 2G
PROTEIN 36G **TOTAL FAT** 32G **SATURATED FAT** 4G **SODIUM** 684MG

Grilled Vegetable & Black Bean Farro Bowls

ACTIVE TIME: 15 min
TOTAL TIME: 25 min

These bowls are filled with all the hearty goodness of a black bean and veggie burrito, minus the tortilla. Nutty, chewy farro takes the place of rice, and the veggies are grilled with a zesty lime vinaigrette. The dish is delicious at room temperature, but you can also heat the beans with a splash of vegetable broth and reheat the veggies in a small skillet.

- 1 zucchini, cut lengthwise into ½-inch-thick slices
- 1 yellow squash, cut lengthwise into ½-inch-thick slices
- ½ medium eggplant, cut lengthwise into ½-inch-thick slices
- ½ red onion, cut into ¾-inch wedges
- 4 mini bell peppers
- 2 scallions
- Cooking spray
- ¼ cup extra-virgin olive oil, divided
- 3 tablespoons fresh lime juice, divided
- 2 teaspoons water
- 1 teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 1 garlic clove, coarsely chopped
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons honey
- ¾ teaspoon ancho chile powder
- 2 cups cooked farro
- 1 (15 ounce) can unsalted black beans, drained and rinsed
- 3 ounces queso fresco, crumbled (about ¾ cup)
- 1 medium avocado, diced
- Lime wedges

1. Preheat grill to medium-high (400°F to 450°F). Spray zucchini, squash, eggplant, onion, bell peppers and scallions with cooking spray; arrange on grill rack. Grill scallions 2 minutes; remove from grill and chop. Grill remaining vegetables 5 more minutes, turning occasionally. Remove stems and seeds from bell peppers; discard. Cut vegetables into 2-inch pieces.
2. Place chopped scallions, 1 tablespoon olive oil, 1 tablespoon lime juice, water, ¼ teaspoon salt, ¼ teaspoon black pepper and garlic in a food processor; process until smooth. Combine grilled vegetables and scallion mixture in a bowl; set aside.
3. Whisk together remaining 3 tablespoons olive oil, cilantro, 2 tablespoons lime juice, honey, chile powder, and remaining ¾ teaspoon salt and ½ teaspoon pepper in a medium bowl. Reserve 1½ tablespoons cilantro mixture. Add cooked farro to remaining cilantro mixture; toss to coat.
4. Spoon farro mixture, chopped grilled vegetables, beans, cheese, and avocado into bowls. Drizzle evenly with reserved 1½ tablespoons cilantro mixture. Serve with lime wedges.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 517 **CARBOHYDRATES** 61G
DIETARY FIBER 15G **TOTAL SUGARS** 10G
ADDED SUGARS 3G **PROTEIN** 17G **TOTAL FAT** 29G **SATURATED FAT** 6G **SODIUM** 566MG

Chicken-Quinoa Bowls with Strawberries & Pecans

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This simple bowl makes a perfect family dinner. Let everyone customize their meal by portioning the greens and grains into bowls, then serving the remaining ingredients buffet-style so eaters can pick and choose what they want to top theirs with.

- 2 tablespoons balsamic vinegar
- 2 teaspoons pure maple syrup
- 1 teaspoon Dijon mustard
- 1 clove garlic, grated
- ½ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- ⅓ cup extra-virgin olive oil
- 4 cups torn romaine lettuce
- 2 cups cooked quinoa, cooled
- 2 cups shredded or chopped cooked chicken
- 8 large strawberries, quartered
- ½ small watermelon radish or 4 small red radishes, thinly sliced
- ¼ cup crumbled goat cheese
- ¼ cup chopped pecans, toasted

1. Whisk vinegar, maple syrup, mustard, garlic, salt and pepper in a small bowl. Whisk in oil in a slow, steady stream until emulsified.
2. Divide lettuce, quinoa, chicken, strawberries, radish, goat cheese and pecans evenly among four bowls. Drizzle with the dressing.

SERVINGS 4 **SERVING SIZE** 2½ CUPS
CALORIES 511 **CARBOHYDRATES** 29G
DIETARY FIBER 5G **TOTAL SUGARS** 7G
ADDED SUGARS 2G **PROTEIN** 30G **TOTAL FAT** 31G **SATURATED FAT** 6G **SODIUM** 401MG

Lemony Chicken & Kale Brown Rice Bowl

ACTIVE TIME: 15 min
TOTAL TIME: 1 hr 15 min

Bowl meals build texture and flavor with layers of nutritious ingredients. Since there's no center stage in a bowl, a small portion of meat travels far, putting more emphasis on the vegetables and whole grains. Use time-saving ingredients like precooked microwavable brown rice and prepared guacamole from the supermarket deli section.

- 1 (4 ounce) boneless, skinless chicken breast
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon mustard
- ¼ teaspoon kosher salt, divided
- ¼ teaspoon black pepper, divided
- 1 garlic clove, minced
- ½ cup microwavable brown rice
- 2 teaspoons chopped fresh parsley
- 1 teaspoon lemon zest
- 2 teaspoons olive oil
- 2 cups coarsely chopped lacinato kale
- 2 teaspoons fresh orange juice
- 2 tablespoons prepared guacamole
- ¼ cup navel or blood orange slices

1. Combine chicken, lemon juice, mustard, ⅛ teaspoon salt, ⅛ teaspoon pepper and garlic in a large ziplock plastic bag; seal. Chill 1 hour, or let stand at room temperature 30 minutes.
2. Heat brown rice according to package directions. Stir in parsley, lemon zest and remaining ¼ teaspoon salt and ¼ teaspoon pepper. Set aside.
3. Heat oil in a large nonstick skillet over medium-high heat, swirling to coat. Add chicken, and cook until a thermometer inserted in thickest portion registers 165°F, about 4 minutes per side; transfer to a cutting board, and cut into slices.
4. Reduce heat to medium. Add kale to pan, and cook, stirring occasionally, until softened, about 3 minutes. Stir in brown rice mixture and orange juice; cook, stirring often, until heated through, about 1 minute. Place kale mixture in a bowl. Top with chicken, guacamole and orange slices.

SERVINGS 1 **SERVING SIZE** 1 BOWL
CALORIES 419 **CARBOHYDRATES** 34G **DIETARY FIBER** 6G **TOTAL SUGARS** 7G **PROTEIN** 31G **TOTAL FAT** 18G **SATURATED FAT** 3G **SODIUM** 836MG

Roasted Broccoli & Kimchi Rice Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 45 min

This well-rounded meal is packed with fiber and probiotic foods like kimchi and yogurt to support a healthy gut. Prebiotic foods like edamame and garlic add flavor and additional gut-healthy benefits. Gochugaru is a Korean chile powder with a smoky-sweet flavor and mild heat. You can use a combination of crushed red pepper and paprika in its place.

- 1 (14 ounce) package extra-firm tofu, pressed and patted dry
- 2 tablespoons cornstarch
- 2 tablespoons white and/or black sesame seeds, plus more for garnish
- 3 tablespoons canola oil, divided
- 1½ teaspoons gochugaru (Korean chile powder), divided, plus more for garnish
- 1 large head broccoli, cut into 1½-inch florets (about 6 cups)
- 1 cup kimchi, coarsely chopped, plus 3 tablespoons kimchi juice from jar, divided
- ½ teaspoon salt plus ⅛ teaspoon, divided
- ½ cup whole-milk plain yogurt
- 3 tablespoons mayonnaise
- 2 teaspoons toasted sesame oil
- 2 teaspoons rice vinegar
- ¼ teaspoon grated fresh ginger
- 1 clove garlic, grated
- 4 cups hot cooked brown rice
- 1 cup shelled frozen edamame, cooked according to package directions
- ½ cup thinly sliced scallions

1. Preheat oven to 425°F with racks in top third and lower third positions. Cut tofu into ¾-inch pieces. Toss the tofu with 2 tablespoons each cornstarch, sesame seeds and canola oil and 1 teaspoon gochugaru on a large rimmed baking sheet until well coated. On a separate large rimmed baking sheet, toss broccoli, 1 tablespoon kimchi juice and the remaining 1 tablespoon canola oil and ½ teaspoon gochugaru until well coated.

2. Roast the tofu on the lower rack and the broccoli on the top rack, stirring once, until the tofu is slightly browned and crispy and the broccoli is browned and tender, 15 to 18 minutes for the broccoli and about 25 minutes for the tofu. Sprinkle each pan with ¼ teaspoon salt and toss to combine.

3. Meanwhile, combine yogurt, mayonnaise, sesame oil, rice vinegar, ginger, garlic and the remaining 2 tablespoons kimchi juice and ⅛ teaspoon salt in a medium bowl.

4. Divide rice among four bowls; top with tofu, broccoli, edamame, scallions and kimchi. Drizzle with the yogurt mixture. Garnish with additional sesame seeds and gochugaru, if desired.

SERVINGS 4 **SERVING SIZE** 1 CUP RICE, ¾ CUP TOFU, ¼ CUP EDAMAME, ½ CUP BROCCOLI, ¼ CUP KIMCHI & 3 TBSP. SAUCE **CALORIES** 639 **CARBOHYDRATES** 69G **DIETARY FIBER** 11G **TOTAL SUGARS** 8G **PROTEIN** 25G **TOTAL FAT** 32G **SATURATED FAT** 5G **SODIUM** 703MG

MEATLESS MEALS

Whether you want to cut back on meat or transition to a plant-based lifestyle, these flavorful bowls are healthy and delicious.

Crispy Rice Bowls with Fried Eggs

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

We topped this rice bowl recipe with avocado, carrot, radishes and spinach along with eggs, but whatever vegetables you prefer will be just as delicious.

- 2 teaspoons toasted sesame oil, divided
- 2½ cups cooked brown rice
- ½ teaspoon salt plus a pinch, divided
- 2 tablespoons grapeseed or canola oil, divided
- 1 teaspoon grated fresh ginger
- 1 (11 ounce) package baby spinach
- 1 tablespoon lime juice
- 4 large eggs
- 1 ripe avocado, sliced
- 1 cup julienned carrot
- 4 radishes, thinly sliced
- 2 scallions, thinly sliced
- 4 teaspoons Sriracha

1. Heat 1 teaspoon sesame oil in a large nonstick skillet over medium-high heat. Add rice and sprinkle with ¼ teaspoon salt; cook, stirring occasionally, until crispy, about 10 minutes. Divide among four shallow bowls.
2. Add the remaining 1 teaspoon sesame oil, 1 tablespoon grapeseed (or canola) oil and ginger to the pan. Add spinach, in batches, and cook, tossing, until wilted, 2 to 3 minutes. Stir in lime juice and ¼ teaspoon salt. Divide among the rice bowls.
3. Heat the remaining 1 tablespoon grapeseed (or canola) oil in the pan. Crack the eggs into it and cook until the whites are set and the edges are crispy, about 3 minutes. Sprinkle with the remaining pinch of salt. Place an egg on each rice bowl. Top with avocado, carrot, radishes, scallions and Sriracha.

SERVINGS 4 **SERVING SIZE** 1 CUP RICE & VEGETABLES & 1 EGG **CALORIES** 428 **CARBOHYDRATES** 45G **DIETARY FIBER** 8G **TOTAL SUGARS** 4G **PROTEIN** 13G **TOTAL FAT** 23G **SATURATED FAT** 4G **SODIUM** 627MG

Farro & Vegetable Bowls with Lemon-Shallot Herb Sauce

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

These hearty bowls make the perfect lunch or dinner. You can use any assortment of roasted vegetables you like. The herb sauce adds brightness, while chopped pistachios provide crunch. Use leftover sauce as a sandwich spread, or drizzle over fried eggs.

- ¾ cup extra-virgin olive oil
- 1 small shallot, chopped
- 6 cloves garlic, chopped
- ½ cup fresh cilantro
- ¼ cup fresh dill
- ¼ cup fresh flat-leaf parsley
- 2 tablespoons fresh oregano
- 1 teaspoon finely grated lemon zest
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 2 cups cooked farro
- 4 cups roasted vegetables, such as asparagus, radishes and/or fennel
- 4 tablespoons chopped unsalted roasted pistachios

1. Combine oil, shallot, garlic, cilantro, dill, parsley, oregano, lemon zest, lemon juice and salt in a blender; blend until smooth.
2. Divide farro among 4 bowls. Top each bowl with vegetables and drizzle with 1½ tablespoons sauce (reserve remaining sauce for another use). Sprinkle with pistachios.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 331 **CARBOHYDRATES** 37G
DIETARY FIBER 8G **TOTAL SUGARS** 3G
PROTEIN 10G **TOTAL FAT** 21G **SATURATED FAT** 3G **SODIUM** 137MG

Kale & Chickpea Grain Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 30 min

This veggie-heavy bowl is loaded with crunch and color, thanks to crispy carrots and chickpeas, fresh kale and a vibrant avocado dressing. It also delivers more than half your daily dose of fiber, key for weight loss, energy and healthy digestion. Bulgur, also called cracked wheat, is a quick-cooking whole grain. These bowls would be excellent make-ahead lunches. Pack the avocado mixture separately, adding a little water to thin it as needed.

- 1 cup boiling water
- ½ cup uncooked bulgur
- 2 (15 ounce) cans unsalted chickpeas (garbanzo beans), drained and rinsed
- 1½ tablespoons canola oil
- 2 cups finely chopped carrot
- 4 cups chopped lacinato kale
- ½ cup vertically sliced shallots
- ½ cup fresh flat-leaf parsley leaves
- ¾ teaspoon kosher salt, divided
- ½ teaspoon black pepper
- ½ avocado
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 1 tablespoon tahini, well stirred
- 1 clove garlic
- ¼ teaspoon ground turmeric

1. Combine boiling water and bulgur in a medium bowl. Let stand 10 minutes; drain well.
2. Pat chickpeas dry with paper towels. Heat canola oil in a large skillet over high heat. Add chickpeas and carrot; cook, stirring occasionally, until chickpeas are browned, about 6 minutes. Add kale; cover and cook until kale is slightly wilted and carrot is tender, about 2 minutes. Add chickpea mixture, shallots, parsley, ½ teaspoon salt and pepper to bulgur; toss.
3. Place avocado, olive oil, lemon juice, 1 tablespoon water, tahini, garlic, turmeric and remaining ¼ teaspoon salt in a food processor and process until smooth. Spoon bulgur mixture into bowls; drizzle with avocado mixture.

SERVINGS 4 **SERVING SIZE** ABOUT 1¼ CUPS BULGUR MIXTURE & 1½ TBSP. DRESSING **CALORIES** 520 **CARBOHYDRATES** 68G **DIETARY FIBER** 16G **TOTAL SUGARS** 7G **PROTEIN** 18G **TOTAL FAT** 20G **SATURATED FAT** 2G **SODIUM** 495MG

Roasted Butternut Squash Hummus Bowls

ACTIVE TIME: 30 min
TOTAL TIME: 50 min

This hummus bowl offers the perfect balance of earthy, nutty and vibrant flavors while delivering plenty of anti-inflammatory benefits. You'll fill up with a healthy dose of legumes, dark leafy greens and roasted vegetables. Use classic hummus or experiment with different flavored varieties as the base for this delicious dish.

- 1 medium butternut squash, peeled, seeded and cubed (1-inch; about 6 cups)
- 1 large red onion, cut into ¾-inch-thick wedges (about 3 cups)
- ½ cup extra-virgin olive oil, divided
- 2 tablespoons za'atar
- ¾ teaspoon salt, divided
- ½ cup unsalted raw pepitas
- 1½ teaspoons paprika
- ¼ teaspoon crushed red pepper
- 2 cups packed baby spinach
- 3 cups hummus
- ½ cup crumbled feta cheese

1. Preheat oven to 450°F with oven racks in upper and lower thirds. Combine cubed squash, onion wedges, ¼ cup oil, za'atar and ½ teaspoon plus ⅛ teaspoon salt in a large bowl; toss until evenly coated. Divide the mixture between two large rimmed baking sheets and spread in a single layer (do not wash the bowl). Roast until the squash is tender, rotating the pans front to back and top to bottom halfway through, about 25 minutes.

2. Meanwhile, heat the remaining ¼ cup oil in a small nonstick skillet over medium heat. Add pepitas; cook, stirring constantly, until lightly browned and fragrant, about 3 minutes. Remove from heat and stir in paprika, crushed red pepper and the remaining ⅛ teaspoon salt. Transfer to a small bowl.

3. Transfer the roasted squash mixture back to the large bowl; stir in baby spinach and let stand, undisturbed, until wilted, about 2 minutes.

4. Divide hummus among four bowls and spread into an even layer. Top with the squash mixture, the pepita mixture and feta.

SERVINGS 4 **SERVING SIZE** ABOUT 2¼ CUPS
CALORIES 578 **CARBOHYDRATES** 51G
DIETARY FIBER 10G **TOTAL SUGARS** 7G
PROTEIN 14G **TOTAL FAT** 37G **SATURATED FAT** 7G **SODIUM** 685MG

Wild Rice Salad with Arugula Pesto

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Fresh arugula is whirred into a peppery pesto for dressing this wild rice salad featuring cherry tomatoes, crumbled feta and toasted pine nuts.

- 3 cups arugula, divided
- ½ cup grated Parmesan cheese
- ¼ cup extra-virgin olive oil
- 2 cloves garlic, chopped
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- 1 (8 ounce) package cooked wild rice
- 2 cups cherry tomatoes, halved
- ¼ cup crumbled feta or goat cheese
- 2 tablespoons pine nuts, toasted

1. Combine 2 cups arugula, Parmesan, oil, garlic, salt and pepper in a food processor and pulse until smooth.
2. Place wild rice in four medium bowls. Add the arugula pesto, tomatoes, feta (or goat cheese) and the remaining 1 cup arugula; toss to coat. Sprinkle with pine nuts.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 299 **CARBOHYDRATES** 19G
DIETARY FIBER 2G **TOTAL SUGARS** 3G
PROTEIN 8G **TOTAL FAT** 22G **SATURATED FAT** 5G **SODIUM** 422MG

Watermelon Poke Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 40 min

This vegetarian dish swaps out fish for watermelon that soaks up a savory marinade of tamari, garlic and ginger. Black rice adds texture, crispy cucumber and edamame round out the bowl, and a spicy mayo drizzle ties it all together.

- 1 cup black rice
- 2 cups water
- 2 tablespoons lime juice
- 1 tablespoon mirin
- 1 tablespoon reduced-sodium tamari or soy sauce
- 1 teaspoon grated garlic
- 1 teaspoon grated fresh ginger
- 4 cups diced watermelon
- ¼ cup mayonnaise
- 1 teaspoon Sriracha
- 1 cup thinly sliced cucumber
- 1 cup shelled edamame
- 4 teaspoons sesame seeds, toasted
- Fresh cilantro for garnish

1. Combine rice and water in a small saucepan; bring to a boil. Cover, reduce heat to a low simmer and cook until tender, about 30 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
2. Meanwhile, whisk lime juice, mirin, tamari (or soy sauce), garlic and ginger in a shallow dish. Add watermelon and gently toss to coat. Let stand at room temperature while the rice cooks, about 30 minutes.
3. Whisk mayonnaise and Sriracha in a small bowl.
4. To assemble bowls, remove the watermelon from the marinade, reserving the leftover marinade. Divide the rice among four bowls. Drizzle each bowl with 2 tablespoons of the reserved marinade. Top with the watermelon, cucumber and edamame. Drizzle with the mayonnaise mixture and sprinkle with sesame seeds. Garnish with cilantro, if desired.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 380 **CARBOHYDRATES** 53G
DIETARY FIBER 6G **TOTAL SUGARS** 12G
PROTEIN 10G **TOTAL FAT** 15G **SATURATED FAT** 2G **SODIUM** 314MG

Spinach & Fried Egg Grain Bowls

ACTIVE TIME: 10 min
TOTAL TIME: 15 min

Wheat berries, a nutty-tasting whole grain with a pleasantly chewy texture, are the base of this hearty breakfast bowl. The fiber-rich grain freezes well, so cook up a batch to stash away for salads, bowls and more. Topped with spinach, peanuts and an egg, these bowls make for a satisfying breakfast. Sprinkle with crushed red pepper for extra heat.

- 2 teaspoons sesame oil
- 1 (5 ounce) package baby spinach
- 1 teaspoon lower-sodium soy sauce
- 4 large eggs
- 2 cups cooked wheat berries
- ¼ cup kimchi
- ¼ cup chopped scallions
- 2 tablespoons unsalted roasted peanuts, roughly chopped

1. Heat oil in a large nonstick skillet over medium heat. Add spinach; cook, stirring often, until wilted, about 3 minutes. Stir in soy sauce; transfer the mixture to a bowl.
2. Crack eggs into the skillet; cook for 2 minutes. Cover and continue to cook until desired degree of doneness, 2 more minutes for medium.
3. Divide wheat berries among four bowls; top each serving with an egg, ¼ cup spinach mixture and 1 tablespoon kimchi. Sprinkle evenly with scallions and peanuts.

SERVINGS 4 **SERVING SIZE** ABOUT 1½ CUPS
CALORIES 281 **CARBOHYDRATES** 35G
DIETARY FIBER 8G **TOTAL SUGARS** 1G
PROTEIN 15G **TOTAL FAT** 10G **SATURATED FAT** 2G **SODIUM** 314MG

Buffalo Cauliflower Grain Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 45 min

This bowl is a delicious and healthy alternative to traditional Buffalo wings, packing plenty of gut-healthy fiber and plant-based protein. It features a variety of fresh and colorful vegetables on a bed of precooked brown rice to keep prep speedy. Feel free to swap out the rice for another whole grain.

- 5 cups fresh cauliflower florets
- 1 (15 ounce) can no-salt-added chickpeas, rinsed and patted dry
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- 4 tablespoons Buffalo-style hot sauce
- ½ cup whole-milk plain strained yogurt
- 3 tablespoons water
- 1 tablespoon lemon juice
- ½ teaspoon dried parsley
- ½ teaspoon dried chives
- ½ teaspoon dried dill
- ¼ teaspoon garlic powder
- 2 (8.8 ounce) packages precooked microwaveable brown rice
- 1 large carrot, peeled
- 1 avocado, sliced
- 1 cup thinly sliced celery

1. Preheat oven to 475°F. Line a large rimmed baking sheet with parchment paper.
2. Trim cauliflower florets into 1- to 1½-inch pieces; place in a medium bowl. Add chickpeas, oil and salt; toss until evenly coated. Spread in a single layer on the prepared baking sheet. Roast, undisturbed, until the cauliflower is tender and the chickpeas are starting to crisp, 15 to 20 minutes.
3. Return the cauliflower and chickpeas to the bowl. Add hot sauce; toss until evenly coated. Spread in a single layer on the baking sheet. Roast, undisturbed, until slightly crisp and browned, about 10 minutes.
4. Meanwhile, whisk yogurt, water, lemon juice, parsley, chives, dill and garlic powder together in a medium bowl until mixture is smooth and creamy.
5. Microwave the rice according to package directions. Lay carrot flat on a cutting board. Create 1½ cups ribbons using a vegetable peeler, rotating the carrot as needed. (Reserve any remaining carrot for another use.)
6. Divide the rice among four bowls. Top the bowls with the cauliflower mixture, carrot ribbons, avocado, celery and the dressing.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 578 **CARBOHYDRATES** 67G
DIETARY FIBER 19G **TOTAL SUGARS** 11G
PROTEIN 16G **TOTAL FAT** 30G **SATURATED FAT** 5G **SODIUM** 756MG

Braised Black Lentil & Quinoa Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 35 min

These bowls feature black lentils braised in spices like thyme and smoked paprika. Riced cauliflower and quinoa bulk up the dish to make it satisfying for any weeknight dinner. A creamy yogurt topping finishes the recipe.

- 1 tablespoon extra-virgin olive oil
- ¼ cup finely chopped onion
- ½ teaspoon dried thyme
- ½ teaspoon smoked paprika
- Pinch of cayenne pepper, plus more for garnish
- ¼ teaspoon kosher salt
- 1 cup dry black lentils
- 3 cups vegetable broth, divided
- 3 cups water
- 1 cup white quinoa
- 1 cup riced cauliflower
- ¾ cup low-fat plain strained yogurt
- ¼ teaspoon lemon zest
- 1 teaspoon lemon juice
- Pinch of flaky sea salt
- 1 scallion, chopped

1. Heat oil in a large skillet over medium heat. Add onion, thyme, paprika, cayenne and kosher salt; cook, stirring, until the onion is translucent, 1 to 2 minutes. Add lentils; cook, stirring frequently, until the onion is soft and the lentils are toasted and fragrant, about 2 minutes more. Add 1 cup broth and 3 cups water. Reduce heat to medium-low and simmer, partially covered, for 15 to 20 minutes. Uncover and simmer until the lentils are tender and most of the water is absorbed, 10 to 15 minutes more.

2. Meanwhile, bring the remaining 2 cups broth to a light boil in a medium pot. Add quinoa and cauliflower; reduce heat to medium-low, cover and cook until fluffy and tender, 12 to 15 minutes.

3. Mix yogurt, lemon zest, lemon juice and flaky salt in a small bowl.

4. Divide the quinoa mixture among four bowls. Top with the braised lentils, yogurt sauce and scallion. Garnish with a pinch of cayenne, if desired.

SERVINGS 4 **SERVING SIZE** ⅔ CUP QUINOA, ½ CUP LENTILS & ½ TBSP. SAUCE **CALORIES** 332 **CARBOHYDRATES** 51G **DIETARY FIBER** 10G **TOTAL SUGARS** 3G **PROTEIN** 19G **TOTAL FAT** 6G **SATURATED FAT** 1G **SODIUM** 467MG

Savory Cottage Cheese Bowls

ACTIVE TIME: 20 min
TOTAL TME: 20 min

Packed with capers, dill and a soft-cooked egg, this is the ultimate high-protein meal. It will keep you going strong throughout the morning.

- 1 cup 1% low-fat no-salt-added small-curd cottage cheese
- 2½ tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh dill, divided
- 2 tablespoons lemon juice, divided
- 1½ tablespoons drained capers, coarsely chopped
- 1 tablespoon thinly sliced chives, plus more for garnish
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 cloves garlic, finely chopped
- ¼ teaspoon ground pepper, plus more for garnish
- ⅔ cup halved cherry tomatoes
- ⅔ cup chopped seedless cucumber
- ⅓ cup thinly sliced red onion
- ⅓ cup rinsed canned chickpeas
- 2 soft-cooked large eggs, halved lengthwise

1. Combine cottage cheese, 1½ teaspoons oil, 1 tablespoon dill, 1½ teaspoons lemon juice, capers, chives and ⅛ teaspoon salt in a medium bowl; stir well. Divide among two serving bowls.

2. Whisk chopped garlic, pepper, and the remaining 1 tablespoon dill, 1½ tablespoons lemon juice and ¼ teaspoon salt in a medium bowl until combined. Add tomatoes, cucumbers, onion and chickpeas; toss to coat.

3. Top each bowl with 1 cup of the vegetable mixture and 2 egg halves. Garnish with additional chives and black pepper, if desired. Drizzle the bowls with the remaining 2 tablespoons oil.

SERVINGS 2 **SERVING SIZE** 1 BOWL
CALORIES 388 **CARBOHYDRATES** 17G
DIETARY FIBER 3G **TOTAL SUGARS** 7G
PROTEIN 24G **TOTAL FAT** 24G **SATURATED FAT** 5G **SODIUM** 688MG

Coconut Black Rice Bowls with Tofu & Purple Asparagus

ACTIVE TIME: 35 min
TOTAL TIME: 1 hr

Black beans, black rice and black sesame seeds all contain anthocyanins, potent antioxidant compounds that have been shown to reduce inflammation. Simmering black rice in coconut milk adds rich aroma and flavor.

- 3 tablespoons avocado oil or peanut oil, divided
- 1 tablespoon minced lemongrass
- 3 teaspoons minced garlic, divided
- 1 cup black rice
- 1 (15 ounce) can light coconut milk
- ⅓ cup water
- ¾ teaspoon salt, divided
- 2 tablespoons toasted sesame oil
- 2 tablespoons reduced-sodium tamari or soy sauce
- 1 tablespoon packed light brown sugar
- ¼ teaspoon crushed red pepper
- 1 (14 ounce) package extra-firm water-packed tofu
- 1 pound purple asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon grated peeled fresh ginger
- ½ cup unsweetened shredded coconut
- 1 tablespoon lime juice, plus lime wedges for serving
- 1 teaspoon black sesame seeds
- 3 scallions, sliced
- Opal basil leaves & thinly sliced purple daikon for garnish

1. Heat 1 tablespoon avocado (or peanut) oil in a medium saucepan over medium heat. Add lemongrass and 1 teaspoon garlic and cook, stirring often, until fragrant, about 30 seconds. Add rice and stir to coat. Stir in coconut milk, water and ½ teaspoon salt. Bring to a simmer over high heat. Reduce heat to maintain a simmer, cover and cook until the rice is tender and the liquid has been absorbed, 35 to 45 minutes.

2. Meanwhile, whisk sesame oil, tamari (or soy sauce), brown sugar and crushed red pepper in a small bowl. Drain tofu and cut into 2-by-1½-inch slabs. Place between paper towels and press to remove excess moisture.

3. Heat the remaining 2 tablespoons avocado (or peanut) oil in a large cast-iron skillet over medium-high heat. Add the tofu and cook, flipping once, until golden and crispy, 8 to 10 minutes total. Transfer to a plate and sprinkle with the remaining ¼ teaspoon salt. Add asparagus, ginger and the remaining 2 teaspoons garlic to the pan; cook, stirring, until the asparagus is tender-crisp, about 3 minutes. Remove from heat. Whisk the sauce and add to the pan along with the tofu; gently stir to coat.

4. Stir coconut and lime juice into the rice. Top the rice with the tofu mixture, sesame seeds and scallions. Serve with lime wedges and garnish with basil and daikon, if desired.

SERVINGS 4 **SERVING SIZE** 1¾ CUPS
CALORIES 577 **CARBOHYDRATES** 50G
DIETARY FIBER 8G **TOTAL SUGARS** 7G
ADDED SUGARS 3G **PROTEIN** 18G
TOTAL FAT 37G **SATURATED FAT** 14G
SODIUM 815MG

Chickpea & Sweet Potato Grain Bowls

ACTIVE TIME: 35 min
TOTAL TIME: 1 hr 20 min

This bowl will make your gut happy! This nutrient-dense dish is rich in dietary fiber and antioxidants, which support a healthy digestive system. Sorghum, a gluten-free ancient grain, is packed with fiber and essential nutrients that aid digestion and support gut health, and the deliciously tangy yogurt-based drizzle offers a probiotic boost.

- 1 cup whole-grain sorghum or whole-grain farro, rinsed
- 2 medium sweet potatoes, scrubbed and cut into 2-by-½-inch pieces
- 6 tablespoons extra-virgin olive oil, divided
- 1 teaspoon smoked paprika, divided
- 1 teaspoon ground coriander, divided
- ½ teaspoon onion powder
- 1 (15 ounce) can no-salt-added chickpeas, rinsed and patted dry
- ¾ teaspoon salt, divided
- ½ cup whole-milk plain strained yogurt
- 3 tablespoons water
- 3 tablespoons lemon juice (from 2 lemons)
- 1 tablespoon tahini
- 1 teaspoon Dijon mustard
- 3 cups spring mix salad greens
- ½ avocado, thinly sliced
- ½ cup crumbled feta cheese

1. Bring a large pot of water to a boil over high heat. Add sorghum (or farro); reduce heat

to medium-low and simmer, uncovered and stirring occasionally, until tender, 50 minutes to 1 hour for sorghum and 30 minutes for farro. Drain and set aside to cool.

2. Meanwhile, place a large rimmed baking sheet on center oven rack; preheat to 425°F. Place sweet potatoes in a large bowl. Add 1½ tablespoons oil and ½ teaspoon each paprika, coriander and onion powder; toss to coat. Remove the hot baking sheet from the oven; spread the sweet potato mixture on it in an even layer, ensuring most of the sweet potatoes are not touching. Using a rubber spatula, scrape as much oil and seasoning as possible from the bowl onto the potatoes; reserve the bowl. Roast the sweet potatoes for 10 minutes.

3. Meanwhile, place chickpeas in the reserved bowl. Add 1½ tablespoons oil, ¼ teaspoon salt and the remaining ½ teaspoon each paprika and coriander; toss to coat. Remove the sweet potatoes from the oven; stir and move them to the edges of the pan to create space in the center. Spread the chickpeas in an even layer in the center space. Roast, stirring every 10 minutes, until the chickpeas are crispy and the sweet potatoes are tender and browned in spots, 20 to 30 minutes. Let cool completely, about 15 minutes.

4. Whisk yogurt, water, lemon juice, 2 tablespoons oil, tahini, mustard and ¼ teaspoon salt in a medium bowl until combined. Combine salad greens, the sorghum (or farro) and the remaining ¼ teaspoon salt in a large bowl. Drizzle with ¼ cup of the dressing; toss to coat. Divide among four wide bowls; top each bowl with sweet potatoes, chickpeas, avocado and 2 tablespoons feta. Drizzle each with ¾ teaspoon oil and about 2 tablespoons dressing.

SERVINGS 4 **SERVING SIZE** 1 BOWL **CALORIES** 649 **CARBOHYDRATES** 71G **DIETARY FIBER** 12G **TOTAL SUGARS** 8G **PROTEIN** 19G **TOTAL FAT** 34G **SATURATED FAT** 7G **SODIUM** 718MG

Anti-Inflammatory Vegetable-Packed Grain Bowls

ACTIVE TIME: 30 min
TOTAL TIME: 55 min

Farro provides satisfying chew, while the raw shaved veggies soften slightly in the vinaigrette to become perfectly tender-crisp. To blanch the peas, cook in boiling water for 1 minute, then dunk in an ice bath for 1 minute to stop the cooking. A mandoline or vegetable peeler makes quick work of thinly slicing vegetables. Beets contain a phytochemical called betalains, which can help fight inflammation in the body.

- 1½ cups uncooked farro
- 3 cups water
- 1¼ teaspoons kosher salt, divided
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon sherry vinegar or white wine vinegar
- ½ cup roughly chopped beet greens or arugula
- ¼ cup blanched green peas
- 2 baby carrots, thinly sliced
- 1 scallion, thinly sliced
- 1 celery stalk, thinly sliced
- 1 small red beet, peeled and thinly sliced
- 2 ounces goat cheese, crumbled (about ½ cup)
- ¼ cup chopped fresh flat-leaf parsley

1. Combine farro, water and ¾ teaspoon salt in a small saucepan over medium-low heat; cook, covered, 25 minutes or until the farro becomes tender. Place the farro in a strainer; drain well.

2. Place hot farro in a large bowl. Add the remaining ½ teaspoon salt, oil, vinegar, greens, peas, carrots, scallions, celery and beet; stir gently to combine. Top with goat cheese and parsley, and spoon mixture into bowls.

SERVINGS 5 **SERVING SIZE** ABOUT 1 CUP **CALORIES** 344 **CARBOHYDRATES** 49G **DIETARY FIBER** 10G **TOTAL SUGARS** 2G **PROTEIN** 11G **TOTAL FAT** 10G **SATURATED FAT** 2G **SODIUM** 572MG

Vegetarian Protein Bowls

ACTIVE TIME: 30 min
TOTAL TIME: 1 hr

This recipe has everything you need for a complete meal in one bowl. Beans not only boost protein but also add creaminess to the farro mixture. Chimichurri sauce brightens the dish.

- 8 cups water
- 1¼ cups farro
- 1 (15 ounce) can no-salt-added cannellini beans, rinsed
- 4 cups cauliflower florets
- 1 (1 pound) sweet potato, peeled and cut into 1-inch cubes
- 2 tablespoons extra-virgin olive oil plus ¼ cup, divided
- 2 teaspoons lemon pepper seasoning, divided
- ¾ teaspoon salt, divided
- 1 (6 ounce) bunch fresh broccolini, cut into 2-inch pieces
- ½ cup chopped fresh flat-leaf parsley
- ¼ cup chopped fresh cilantro
- 1 tablespoon red-wine vinegar
- 1 large clove garlic, grated
- ½ teaspoon crushed red pepper
- ¼ cup chopped Castelvetrano olives

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper. Bring water to a boil in a large saucepan over medium-high heat; stir in farro. Return to a boil; reduce heat to medium and cook at a low boil, undisturbed, until the grains have expanded but are still al dente, about 30 minutes, stirring in cannellini beans during the last 5 minutes of cooking. Remove saucepan from heat and drain. Cover to keep warm.

2. Meanwhile, place cauliflower florets and sweet potato on the prepared baking sheet. Drizzle with 1½ tablespoons oil and sprinkle with 1½ teaspoons lemon pepper and ¼ teaspoon salt; toss well to coat and spread evenly on the pan. Combine broccolini, ½ tablespoon oil and the remaining ½ teaspoon lemon pepper in a medium bowl and toss to coat; set aside. Roast the sweet potato and cauliflower until almost tender, about 20 minutes. Remove from oven and push the sweet potatoes and cauliflower to one side. Add the broccolini to the other side of the pan; roast until the vegetables are tender and lightly charred, about 10 minutes.

3. Meanwhile, stir parsley, cilantro, vinegar, garlic, crushed red pepper, olives and the remaining ¼ cup oil and ½ teaspoon salt together in a small bowl to make chimichurri. Stir ¼ cup of the chimichurri into the farro mixture.

4. Divide the farro mixture among four bowls and top evenly with roasted vegetables; drizzle with the remaining ¼ cup chimichurri.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 572 **CARBOHYDRATES** 78G
DIETARY FIBER 13G **TOTAL SUGARS** 7G
PROTEIN 17G **TOTAL FAT** 24G **SATURATED FAT** 3G **SODIUM** 752MG

Black Bean Quinoa Bowl

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This bowl has many of the usual hallmarks of a taco salad, minus the fried bowl. We've loaded it up with pico de gallo, fresh cilantro and avocado, plus an easy hummus dressing to drizzle on top.

- ¾ cup canned black beans, rinsed
- ⅔ cup cooked quinoa
- ¼ cup hummus
- 1 tablespoon lime juice
- ¼ medium avocado, diced
- 3 tablespoons pico de gallo
- 2 tablespoons chopped fresh cilantro

Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, pico de gallo and cilantro.

SERVINGS 1 **SERVING SIZE** ABOUT 2 CUPS **CALORIES** 500 **CARBOHYDRATES** 74G **DIETARY FIBER** 20G **TOTAL SUGARS** 11G **PROTEIN** 20G **TOTAL FAT** 16G **SATURATED FAT** 2G **SODIUM** 612MG

Bibimbap-Inspired Bowls

ACTIVE TIME: 50 min
TOTAL TIME: 1 hr 20 min

From dark green spinach to shredded red cabbage, these bowls offer plenty of powerful anti-inflammatory benefits. This delicious combo delivers a wonderful balance of textures and flavors. It's topped with a perfectly cooked fried egg and a tangy mayonnaise-based drizzle that adds richness and a satisfying creamy element to the dish.

- 1 cup rice vinegar plus 2 tablespoons, divided
- 1 medium Persian cucumber, cut into matchsticks (about ¾ cup)
- ¾ cup shredded red cabbage
- ¾ cup matchstick carrots
- ½ cup mayonnaise
- 2 tablespoons gochujang
- 1 teaspoon toasted sesame oil plus 2 tablespoons, divided
- 4 cloves garlic, minced, divided
- 3 tablespoons canola oil, divided
- 8 ounces shiitake mushrooms, stemmed and thinly sliced (about 3½ cups)
- 1 (10 ounce) package baby spinach
- 1 tablespoon reduced-sodium soy sauce
- ¼ teaspoon salt, divided
- 4 large eggs
- 2⅔ cups cooked long-grain brown rice
- 1⅓ cups frozen shelled edamame, cooked according to package directions
- Thinly sliced scallions for garnish (optional)
- Sesame seeds for garnish (optional)

1. Combine 1 cup rice vinegar, cucumber matchsticks, cabbage and carrots in a medium bowl, pressing down to fully submerge the vegetables. Cover and refrigerate for at least 30 minutes and up to 1 week; strain and discard the liquid.
2. Meanwhile, whisk mayonnaise, gochujang, 1 tablespoon rice vinegar, sesame oil and 1 minced garlic clove together in a small bowl until evenly combined. Cover and refrigerate until ready to use, up to 4 days.
3. Heat 2 tablespoons canola oil in a large nonstick skillet over medium-high heat. Add sliced mushrooms; cook, stirring occasionally, until browned, about 7 minutes. Add the remaining 3 minced garlic cloves; cook, stirring constantly, until fragrant, about 1 minute. Gradually add spinach, stirring constantly; cook, stirring constantly, until wilted, about 3 minutes. Transfer the mushroom mixture to a medium heatproof bowl; stir in soy sauce, ⅛ teaspoon salt and the remaining 2 tablespoons sesame oil and 1 tablespoon vinegar until evenly coated. Wipe the skillet clean.
4. Heat the remaining 1 tablespoon canola oil in the skillet over medium-low heat. Carefully crack the eggs into the pan, leaving space between them. Sprinkle the eggs with the remaining ⅛ teaspoon salt. Cover and cook until the whites are beginning to set, about 2 minutes. Uncover and cook until the whites are completely set and the yolks are still runny, about 1 minute, 30 seconds.
5. Divide rice among four bowls. Top with the edamame, pickled vegetables, mushroom mixture and eggs; drizzle with the mayonnaise mixture. Garnish with scallions and/or sesame seeds, if desired.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 752 **CARBOHYDRATES** 58G
DIETARY FIBER 11G **TOTAL SUGARS** 8G
ADDED SUGARS 4G **PROTEIN** 21G
TOTAL FAT 49G **SATURATED FAT** 8G
SODIUM 959MG

Chickpea & Quinoa Bowls with Roasted Red Pepper Sauce

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

Quinoa and chickpeas pack this vegetarian grain bowl with plenty of plant-based protein. Whip up a batch and store them in lidded containers to stash in the fridge for easy, healthy grab-and-go lunches all week long.

- 1 (7 ounce) jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 (15 ounce) can chickpeas, rinsed
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

1. Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
2. Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.
3. To serve, divide the quinoa mixture among four bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce. Sprinkle with feta and parsley.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 479 **CARBOHYDRATES** 50G
DIETARY FIBER 8G **TOTAL SUGARS** 3G
PROTEIN 13G **TOTAL FAT** 25G
SATURATED FAT 4G **SODIUM** 646MG

PASTA POWER

With plenty of veggies, protein and fiber, a bowl of pasta can be a satisfying and nutritious dinner.

One-Pot Lemon Asparagus Pasta with Shrimp

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

This quick dinner is cooked with asparagus in a lemony sauce. Feta cheese sprinkled over the top adds another savory layer, but feel free to skip it and add additional fresh herbs and a lemon slice instead.

- 2 tablespoons extra-virgin olive oil
- 1 shallot, chopped
- 2 cloves garlic, minced
- 8 ounces whole-wheat rotini or penne
- 1¾ cups low-sodium chicken broth
- 1½ cups water
- 1 tablespoon lemon zest
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 12 ounces asparagus, trimmed and cut into 1-inch pieces
- 12 ounces cooked shrimp, halved
- 4 teaspoons lemon juice, or more to taste
- Chopped tarragon or basil for garnish
- ¼ cup crumbled feta (optional)

1. Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, until starting to soften, about 2 minutes.
2. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add pasta, broth, water, lemon zest, salt and pepper.
3. Cover and bring to a boil; uncover, reduce heat to medium-high and cook, stirring frequently, for 8 minutes. Add asparagus and cook, stirring, until tender, about 4 minutes. Remove from heat and stir in shrimp and lemon juice.
4. Cover and let stand for a few minutes until the shrimp are heated through. Serve sprinkled with herbs and/or topped with feta, if desired.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 433 **CARBOHYDRATES** 53G
DIETARY FIBER 8G **TOTAL SUGARS** 3G
PROTEIN 29G **TOTAL FAT** 12G **SATURATED FAT** 2G **SODIUM** 432MG

Spicy Noodles with Pork, Scallions & Bok Choy

ACTIVE TIME: 35 min
TOTAL TIME: 35 min

This recipe is inspired by a Chinese dish called Ants Climbing a Tree, named for the way the small pieces of ground pork (the "ants") cling to the noodles (the "tree"). The twist in these healthy noodles comes from adding vegetables like scallions and bok choy.

- 7 ounces thin rice noodles or rice sticks
- 2 tablespoons canola oil, divided
- 1 head bok choy (about 1 pound), chopped, greens and whites separated
- 3 scallions, sliced, greens and whites separated
- 2 tablespoons minced fresh ginger
- ¼ cup chili-bean sauce or chile-garlic sauce
- 1 pound ground pork
- 2 cups unsalted chicken broth
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon white sugar
- 1 tablespoon cornstarch
- 1 tablespoon water
- Crushed red pepper for garnish

1. Cook noodles according to package directions. Drain and rinse under cold water. Set aside. **2.** Meanwhile, heat 1 tablespoon oil in a large flat-bottomed wok or cast-iron skillet over high heat. Add bok choy whites and cook, stirring, for 1 minute. Add bok choy greens and cook until wilted, about 1 minute more. Transfer all the bok choy to a medium bowl. **3.** Add the remaining 1 tablespoon oil, scallion whites, ginger and chili-bean sauce (or chile-garlic sauce) to the pan. Add pork and cook, crumbling with a wooden spoon, until no longer pink, 3 to 5 minutes. Add broth, tamari (or soy sauce) and sugar. Mix cornstarch and water in a small bowl and add to the pan. Bring to a boil and cook, stirring, until slightly thickened, about 1 minute. Stir in the reserved noodles and bok choy; cook, stirring, until heated through, about 1 minute. Serve topped with scallion greens and crushed red pepper, if desired.

SERVINGS 6 **SERVING SIZE** 1⅓ CUPS **CALORIES** 311 **CARBOHYDRATES** 39G **DIETARY FIBER** 3G **TOTAL SUGARS** 4G **ADDED SUGARS** 1G **PROTEIN** 20G **TOTAL FAT** 9G **SATURATED FAT** 2G **SODIUM** 609MG

Super Green Pasta

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

Pack in your veggies with this quick and easy pasta. Plenty of kale and spinach transform into a vibrant green sauce once cooked and blended with basil, pine nuts and Parmesan cheese for a pesto-like flavor. Enjoy this easy vegetarian pasta as is, or add grilled chicken or white beans for a boost of protein.

- **8 ounces whole-wheat fettuccine or spaghetti**
- **1 (8 ounce) bunch lacinato kale, stemmed**
- **1 (5 ounce) package baby spinach**
- **4 medium cloves garlic, peeled**
- **1½ cups packed fresh basil leaves, plus more for garnish**
- **¼ cup extra-virgin olive oil**
- **½ teaspoon salt**
- **¼ cup toasted pine nuts, divided**
- **½ cup grated Parmigiano-Reggiano cheese, divided**

1. Bring a large pot of water to a boil over high heat. Add pasta and cook according to package directions. Transfer the pasta with tongs to a colander set over a bowl.
2. Add kale, spinach and garlic to the boiling water; cook until the greens are wilted, bright green and tender, 1 to 2 minutes. Drain, reserving 1 cup cooking water.
3. Transfer the kale, spinach and garlic to a blender; add basil, oil, salt, 2 tablespoons pine nuts, ¼ cup cheese and ¾ cup reserved cooking water. Process until very smooth, about 1 minute.
4. Transfer the pasta to a large bowl. Add the sauce and toss with tongs until well coated. (To thin the sauce further, if desired, add the remaining ¼ cup cooking water.) Divide among four shallow bowls and top with the remaining 2 tablespoons pine nuts and ¼ cup cheese. Sprinkle with additional basil before serving, if desired.

SERVINGS 4 **SERVING SIZE** ABOUT 1 CUP
CALORIES 437 **CARBOHYDRATES** 37G
DIETARY FIBER 9G **TOTAL SUGARS** 1G
PROTEIN 17G **TOTAL FAT** 25G **SATURATED FAT** 5G **SODIUM** 590MG

Burrata Pasta with Cherry Tomatoes & Spinach

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

This weeknight pasta dish features burrata, a soft cow's-milk cheese that looks similar to fresh mozzarella but features a creamy center that melts beautifully. You can substitute chopped fresh summer-ripe tomatoes for the cherry tomatoes. If they are plump and juicy, they will moisten and flavor the pasta well, so you can hold back on adding the full amount of pasta water. Serve with crusty garlic bread and a green salad on the side.

- 8 ounces whole-wheat fettuccine or linguine
- ¼ cup extra-virgin olive oil
- 1½ tablespoons finely chopped garlic
- ½ teaspoon salt-free Italian seasoning
- ½ teaspoon crushed red pepper
- 3 cups halved cherry tomatoes
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 cups packed baby spinach (about 3 ounces)
- ¼ cup chopped fresh basil, plus more for garnish
- 8 ounces burrata cheese

1. Bring a large saucepan of water to a boil. Cook pasta according to package directions. Reserve ½ cup pasta cooking water; drain the pasta and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium heat. Add garlic, Italian seasoning and crushed red pepper; cook, stirring often, until fragrant, 1 to 2 minutes. Stir in tomatoes; cook, stirring occasionally, until the tomatoes burst and become saucy, 8 to 10 minutes. Stir in salt and pepper. Remove from heat.
3. Add the pasta and the reserved cooking water to the tomato mixture in the skillet; toss to combine. Add spinach and basil; toss to combine. Return to medium heat; cook, stirring often, until the pasta is coated with sauce and the spinach is wilted, about 2 minutes. Tear burrata into pieces and gently stir into the mixture. Divide among four bowls; garnish with additional basil, if desired. Serve immediately.

SERVINGS 4 **SERVING SIZE** ABOUT 1¼ CUPS **CALORIES** 493 **CARBOHYDRATES** 49G **DIETARY FIBER** 7G **TOTAL SUGARS** 5G **PROTEIN** 20G **TOTAL FAT** 30G **SATURATED FAT** 10G **SODIUM** 344MG

Creamy Rotisserie Chicken & Spinach Pasta

ACTIVE TIME: 20 min
TOTAL TIME: 35 min

This recipe uses Gruyère and cream cheese as the base for the velvety sauce. Gruyère adds a rich, nutty flavor, though you can experiment with alternatives like Cheddar or Swiss cheese. We love the ease of using baby spinach, but feel free to swap it out for another leafy green, such as kale or Swiss chard.

- 12 ounces whole-wheat penne
- 2 tablespoons extra-virgin olive oil
- 1 cup thinly sliced yellow onion
- ¾ teaspoon salt, divided
- 12 cups loosely packed baby spinach
- 2 medium cloves garlic, minced
- 1 cup half-and-half
- 1 cup shredded Gruyère cheese
- 4 ounces reduced-fat cream cheese, softened
- 1½ teaspoons Dijon mustard
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon crushed red pepper
- ¼ teaspoon ground pepper, plus more for garnish
- 3½ cups shredded rotisserie chicken
- 2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish

1. Bring water to a boil in a large Dutch oven over high heat. Cook pasta according to package directions. Reserve ½ cup cooking water; drain well. Wipe the pot clean.
2. Heat oil in the pot over medium-high heat. Add onion and ¼ teaspoon salt; cook, stirring often, until softened, 4 to 5 minutes. Add spinach and garlic; cook, stirring occasionally, until the spinach is bright green and wilted, 3 to 4 minutes. Reduce heat to medium-low. Add half-and-half, Gruyère, cream cheese, mustard, lemon zest, lemon juice, crushed red pepper, black pepper and the remaining ½ teaspoon salt; cook, stirring constantly, until the cheese is melted and the mixture is mostly smooth, about 2 minutes.
3. Stir in the pasta, chicken and parsley, adding the reserved cooking water, 2 tablespoons at a time, if needed, to keep the sauce loose and creamy. Cook until the pasta and chicken are coated and warmed through, about 1 minute. Divide among four bowls; garnish with additional parsley and black pepper, if desired.

SERVINGS 4 **SERVING SIZE** 1¼ CUPS
CALORIES 443 **CARBOHYDRATES** 38G
DIETARY FIBER 6G **TOTAL SUGARS** 4G
PROTEIN 28G **TOTAL FAT** 21G **SATURATED FAT** 9G **SODIUM** 710MG

Pantry Peanut Noodles

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

Choose your own adventure with these noodles! They're delicious with peanut butter and tahini alike. Plus, you can use whatever frozen vegetables you have on hand and finish the dish off with any herbs thriving in your garden or hanging out in your crisper.

- 8 ounces whole-wheat spaghetti
- 4 cups frozen vegetables, such as broccoli and/or peppers and onions
- ½ cup creamy natural peanut butter or tahini
- ¼ cup reduced-sodium soy sauce
- 2 tablespoons lemon juice
- 1 clove garlic, grated
- 1 teaspoon honey
- ½ teaspoon crushed red pepper
- 2 tablespoons chopped unsalted peanuts or toasted sesame seeds
- 2 tablespoons chopped fresh chives and/or cilantro
- 2 teaspoons toasted sesame oil

1. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Place frozen vegetables in a large colander and set in the sink. After reserving 1 cup of the cooking water, pour the pasta into the colander (over the vegetables) to drain.
2. Meanwhile, whisk peanut butter (or tahini), soy sauce, lemon juice, garlic, honey and crushed red pepper in a large bowl.
3. Whisk ½ cup of the reserved cooking water into the sauce until smooth. Add the pasta and vegetables and toss to coat. (If the mixture seems dry, add more of the reserved cooking water to reach desired consistency.) Top with peanuts (or sesame seeds) and chives (and/or cilantro). Drizzle with sesame oil before serving.

SERVINGS 4 **SERVING SIZE** 1¼ CUPS
CALORIES 506 **CARBOHYDRATES** 59G
DIETARY FIBER 13G **TOTAL SUGARS** 8G
PROTEIN 25G **TOTAL FAT** 22G **SATURATED FAT** 3G **SODIUM** 701MG

Smoky Shrimp, Corn & Pea One-Pot Pasta

ACTIVE TIME: 35 min
TOTAL TIME: 40 min

Make your sauce and pasta all at once with this fast weeknight recipe. By using the exact amount of water you need to cook the pasta—no colanders here—the starch that cooks off into your pasta water, which you usually drain away, stays in the pot, with delectably creamy results.

- 8 ounces whole-wheat pasta shells, large elbow noodles or large rigatoni noodles
- 1 pound unpeeled raw deveined shrimp
- 4 cups chopped spinach
- 1 cup corn kernels
- 1 cup peas (fresh or frozen, thawed)
- 1 medium onion, chopped
- 4 cloves garlic, thinly sliced
- 2 tablespoons tomato paste
- 1¾ teaspoons smoked paprika
- ¼ teaspoon saffron
- ¾ teaspoon salt
- 4 cups water
- 2 tablespoons chopped fresh parsley for garnish

Combine pasta, shrimp, spinach, corn, peas, onion, garlic, tomato paste, paprika, saffron and salt in a large pot. Stir in water. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes. Remove from heat and let stand, stirring occasionally, for 5 minutes. Serve sprinkled with parsley, if using.

SERVINGS 5 **SERVING SIZE** ABOUT 1½ CUPS **CALORIES** 308 **CARBOHYDRATES** 49G **DIETARY FIBER** 8G **TOTAL SUGARS** 6G **PROTEIN** 25G **TOTAL FAT** 2G **SODIUM** 557MG

One-Pot Italian Sausage & Kale Pasta

ACTIVE TIME: 35 min
TOTAL TIME: 40 min

This weeknight dinner is a delicious way to load up on hearty greens. Not a fan of kale? Spinach or chard work in its place. Thawed and drained frozen spinach is a great swap if you don't have fresh greens on hand.

- 8 ounces whole-wheat rotini or penne
- 8 ounces Italian sausage, casing removed, crumbled
- 6 cups chopped kale
- 1 (14 ounce) can no-salt-added diced tomatoes
- 1 medium onion, chopped
- 4 cloves garlic, thinly sliced
- 2 tablespoons pesto
- 1½ teaspoons Italian seasoning
- ¾ teaspoon salt
- ½ teaspoon crushed red pepper
- 4 cups water
- Finely shredded Parmesan cheese for garnish

Combine pasta, sausage, kale, tomatoes, onion, garlic, pesto, Italian seasoning, salt and crushed red pepper in a large pot. Stir in water. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes. Remove from heat and let stand, stirring occasionally, for 5 minutes. Serve garnished with Parmesan, if desired.

SERVINGS 5 **SERVING SIZE** ABOUT 1½ CUPS **CALORIES** 307 **CARBOHYDRATES** 44G **DIETARY FIBER** 6G **TOTAL SUGARS** 4G **PROTEIN** 14G **TOTAL FAT** 10G **SATURATED FAT** 3G **SODIUM** 725MG

Spaghetti Salad

ACTIVE TIME: 20 min
TOTAL TIME: 1 hr 20 min

This dish has bright, vibrant flavors from colorful veggies and a simple vinaigrette. Make this easy vegetarian salad ahead of time and bring it to your next picnic or potluck.

- 2 small zucchinis, cut into thin half-moons
- 1 small red onion, thinly sliced

- 1 pint multicolored cherry tomatoes, halved
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 8 ounces whole-wheat spaghetti
- 1 cup crumbled feta cheese
- ¼ cup finely chopped fresh flat-leaf parsley, plus more for garnish

1. Toss zucchini, onion, tomatoes, oil, lemon juice, salt and pepper together in a large bowl. Set the bowl aside.

2. Bring a large pot of water to a boil over high heat. Using your hands, break spaghetti in half. Add to the boiling water and cook according to package directions. Drain the spaghetti; add to the zucchini mixture, tossing to coat completely. Refrigerate, uncovered, until cold, at least 1 hour and up to 2 days.

3. Add feta and parsley to the pasta mixture and gently toss to combine. Divide among 6 plates or bowls. Garnish with additional parsley, if desired.

SERVINGS 6 **SERVING SIZE** 1 BOWL **CALORIES** 270 **CARBOHYDRATES** 34G **DIETARY FIBER** 6G **TOTAL SUGARS** 4G **PROTEIN** 10G **TOTAL FAT** 11G **SATURATED FAT** 3G **SODIUM** 385MG

Cashew, Chickpea & Pasta Salad with Cilantro-Mint-Shallot Vinaigrette

ACTIVE TIME: 20 min
TOTAL TIME: 30 min

In our humble opinion, the dressing makes this salad. Tangy and zesty, with a bit of a crunch from the shallots, this cilantro-mint-shallot vinaigrette will quickly become your go-to. Make the dressing and chop the veggies while you wait for the pasta to cook, then mix everything together and enjoy!

- 2 ounces lentil or whole-grain pasta, such as fusilli or penne
- 1 medium shallot, finely diced
- 1 tablespoon lemon juice
- 1 tablespoon warm water
- ½ teaspoon fine sea salt, divided
- ¼ cup finely chopped fresh cilantro
- ¼ cup finely chopped fresh mint
- 2 tablespoons extra-virgin olive oil
- 1½ tablespoons red-wine vinegar
- 1 teaspoon Dijon mustard
- 1 small clove garlic, minced
- ¾ cup no-salt-added chickpeas, rinsed
- ½ medium red bell pepper, cut into 1-inch pieces
- ½ medium yellow bell pepper, cut into 1-inch pieces
- ½ large avocado, diced
- 2 stalks celery, thinly sliced
- ½ cup arugula
- 3 tablespoons unsalted roasted cashews, roughly chopped

1. Bring a medium pot of water to a boil. Cook pasta according to package directions, omitting salt. Drain and rinse with cold water.
2. Meanwhile, combine shallot, lemon juice, warm water and ¼ teaspoon salt in a small bowl. Set aside for 10 minutes.
3. Combine cilantro, mint, oil, vinegar, mustard, garlic and the remaining ¼ teaspoon salt in a large bowl. Add the shallot mixture, the cooled pasta, chickpeas, red bell pepper, yellow bell pepper, avocado, celery, arugula and cashews; toss to combine.

SERVINGS 2 **SERVING SIZE** 2 CUPS
CALORIES 518 **CARBOHYDRATES** 49G
DIETARY FIBER 11G **TOTAL SUGARS** 5G
PROTEIN 15G **TOTAL FAT** 29G **SATURATED FAT** 4G **SODIUM** 689MG

Spicy Chili Oil Noodles with Zucchini & Carrots

ACTIVE TIME: 15 min
TOTAL TIME: 30 min

Making your own chili oil is more time-intensive than using store-bought, but it's worth it for the fresh flavors in this dish. The goal is to infuse the oil with tons of aromatics, including bay leaves, star anise, peppercorns and chili flakes, to create a spicy base for the sauce. Spiralized zucchini and carrot add crunch, color and nutrients to the dish.

- ½ cup Szechaun red chili flakes
- ¼ cup sliced scallions, white and green parts separated
- 3 tablespoons white sesame seeds
- 1 tablespoon ginger, minced
- 1 teaspoon kosher salt
- ½ cup peanut oil
- 6 cloves garlic, thinly sliced, plus 2 cloves minced, divided
- 2 small shallots, thinly sliced
- 2 bay leaves
- 2 whole star anise
- 1 tablespoon Szechuan peppercorns
- 1 cinnamon stick
- 2 tablespoons Shaoxing rice wine
- 2 tablespoons oyster sauce
- 1 tablespoon sesame oil
- 1 (8 ounce) package wide rice noodles, cooked and cooled
- 2 large carrots, peeled and spiralized (5 ounces)
- 2 small zucchini, spiralized (8 ounces)
- 2 medium Persian cucumbers, julienned
- ½ cup chopped unsalted roasted peanuts
- ½ cup chopped fresh cilantro for garnish (optional)

1. Combine chili flakes, scallion whites, sesame seeds, ginger and salt in a large heatproof bowl.

2. Combine peanut oil, garlic, shallots, bay leaves, star anise, peppercorns and cinnamon stick in a medium skillet. Cook over medium heat until the garlic turns golden and is crisping, 5 to 8 minutes. Remove the solids from the hot oil with a slotted spoon or strainer. Set aside the fried shallots and garlic; discard the other solids. Pour the hot oil over the chili flake mixture; stir carefully with chopsticks (it will bubble and pop). After the oil stops bubbling, about 1 minute, add rice wine, oyster sauce and sesame oil.

3. Add rice noodles, carrots and zucchini to the large bowl; toss to combine. Divide among four bowls; top with cucumbers, scallion greens, peanuts and the reserved fried shallots and garlic. Garnish with cilantro, if desired.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 579 **CARBOHYDRATES** 42G
DIETARY FIBER 10G **TOTAL SUGARS** 9G
PROTEIN 10G **TOTAL FAT** 45G **SATURATED FAT** 7G **SODIUM** 599MG

Cheesy One-Pot Chicken-Broccoli Orzo

ACTIVE TIME: 50 min
TOTAL TIME: 50 min

This dish is the ultimate weeknight game-changer: It brings crowd-pleasing flavors together in one pan for easy cleanup. It's perfect for busy nights when you want something satisfying, comforting and delicious. Sharp Cheddar cheese adds savory flavor, but another easy-melting cheese, like Gruyère or Swiss, would work well too.

- 1½ pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 1 teaspoon Italian seasoning, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 small yellow onion, chopped (about 1 cup)
- 1 tablespoon minced garlic (from 3 cloves)
- 6 cups fresh broccoli florets
- 3 cups reduced-sodium chicken broth
- 1¼ cups whole-wheat orzo (8 ounces)
- 1 (5.3 ounce) package garlic-and-herb spreadable cheese (such as Boursin)
- ½ cup grated Parmesan cheese
- ¾ cup shredded sharp Cheddar cheese, divided
- 2 tablespoons finely chopped fresh chives, divided

1. Combine chicken, ½ teaspoon Italian seasoning and ¼ teaspoon each salt and pepper in a medium bowl; toss until evenly coated. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken; cook, stirring occasionally, until golden brown in spots and an instant-read thermometer inserted in the middle of a piece registers 165°F, about 12 minutes. Transfer to a bowl and cover to keep warm. Wipe the skillet clean.

2. Heat the remaining 1 tablespoon oil in the same skillet over medium-high heat. Add chopped onion; cook, stirring often, until softened and lightly browned, about 4 minutes. Add garlic; cook, stirring constantly, until fragrant, about 30 seconds. Add broccoli; cook, stirring often, until bright green and beginning to soften, about 3 minutes. Stir in broth and orzo; bring to a boil. Reduce heat to medium; simmer, stirring occasionally, until the orzo is al dente, 10 to 12 minutes.

3. Reduce heat to low. Add garlic-and-herb spreadable cheese, Parmesan, ½ cup Cheddar and the remaining ½ teaspoon Italian seasoning and ¼ teaspoon each salt and pepper; cook, stirring, until the cheese is melted and creamy, about 1 minute. Remove from heat; fold in the chicken and 1 tablespoon chives. Sprinkle with the remaining ¼ cup Cheddar and 1 tablespoon chives.

SERVINGS 6 **SERVING SIZE** 1¼ CUPS
CALORIES 536 **CARBOHYDRATES** 53G
DIETARY FIBER 8G **TOTAL SUGARS** 3G
PROTEIN 45G **TOTAL FAT** 17G **SATURATED FAT** 6G **SODIUM** 805MG

Creamy Sun-Dried Tomato, Tuna & Pea Pasta Salad

ACTIVE TIME: 15 min
TOTAL TIME: 40 min

Serve this healthy pasta salad at your next barbecue or backyard get-together. A garlicky buttermilk dressing adds creaminess, while sun-dried tomatoes provide a nice chewiness. Look for sun-dried tomatoes that are not packed in oil.

- 2 cups whole-wheat elbows
- 2 cups peas
- 1 clove garlic, minced
- ¼ teaspoon salt
- ½ cup buttermilk
- ¼ cup low-fat mayonnaise
- 3 tablespoons chopped fresh chives or 1 tablespoon dried
- 1 tablespoon distilled white vinegar
- 2 cups diced cooked summer squash
- 2 (5 ounce) cans water-packed light tuna, drained
- ½ cup grated Parmesan cheese
- ½ cup slivered soft sun-dried tomatoes (not oil-packed)

1. Bring a large pot of water to a boil. Add pasta; cook according to package directions. During the last minute of cooking, add peas.
2. Meanwhile, place garlic in a medium bowl; sprinkle with salt and mash with the back of a fork into a chunky paste. Add buttermilk, mayonnaise, chives and vinegar; whisk until combined.
3. Drain the pasta and peas and transfer to a large bowl. Add half the dressing and toss to combine. Cool to room temperature, tossing occasionally, about 10 minutes.
4. Add summer squash, tuna, Parmesan, sun-dried tomatoes and the remaining dressing to the pasta mixture; mix until well combined.

SERVINGS 12 **SERVING SIZE** ⅔ CUP
CALORIES 148 **CARBOHYDRATES** 20G
DIETARY FIBER 3G **TOTAL SUGARS** 4G
PROTEIN 9G **TOTAL FAT** 4G **SATURATED FAT** 1G **SODIUM** 244MG

Lemon Zucchini Pasta

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

This recipe comes together quickly, making it ideal for busy evenings. Fresh zucchini blends perfectly with the lemony sauce. If you have summer squash on hand, you can use that instead. You can also experiment with topping the pasta with different fresh herbs, like basil or parsley, to add variety.

- 8 ounces whole-wheat spaghetti
- 2 tablespoons extra-virgin olive oil
- 1 cup chopped shallots
- 1½ pounds zucchini, cut diagonally into 1-inch half-moons
- 1 tablespoon finely chopped garlic
- 2 teaspoons lemon zest, plus more zest for garnish and lemon wedges for serving
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon crushed red pepper
- ¼ cup heavy cream
- ¼ cup grated Parmesan cheese, plus more for garnish
- 1 tablespoon chopped fresh mint, plus more for garnish

1. Cook spaghetti in a large pot of boiling water according to package directions for al dente, about 7 minutes. Reserve 1½ cups of the cooking water; drain the pasta and set aside.

2. Heat oil in a large skillet over medium heat. Add shallots; cook, stirring constantly, until softened, about 2 minutes. Add zucchini, garlic, lemon zest, Italian seasoning, salt, pepper and crushed red pepper; cook, stirring occasionally, until the zucchini is bright green and tender, about 3 minutes.

3. Add cream, Parmesan, the pasta, the mint and ¼ cup of the cooking water to the pan; toss gently using tongs until evenly coated and the sauce is slightly thickened, 2 to 4 minutes. (Add additional cooking water, ¼ cup at a time, as needed to reach a creamy consistency.)

4. Divide the pasta among four shallow bowls. If desired, squeeze a small lemon wedge over each bowl and garnish with Parmesan, mint and/or lemon zest.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 415 **CARBOHYDRATES** 57G
DIETARY FIBER 8G **TOTAL SUGARS** 9G
PROTEIN 15G **TOTAL FAT** 17G **SATURATED FAT** 6G **SODIUM** 444MG

Caprese Pasta Salad with Salami

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

Tomatoes—both cherry and heirloom—are the star of the show here. This easy dinner includes salami for its rich, savory flavor, but you can skip it or sub in white beans to make the dish vegetarian. (Recipe is adapted from Tomato Love *by Joy Howard.)*

- 12 ounces whole-wheat casarecce or gemelli pasta
- 3 tablespoons balsamic vinegar
- 1 small clove garlic, grated
- ¾ teaspoon dried oregano
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 2 cups cherry tomatoes, halved
- 1 large heirloom tomato, chopped
- 1 cup pearl-size or baby fresh mozzarella balls (about 6 ounces)
- 3 ounces salami, sliced into thin strips
- 1 cup coarsely chopped fresh basil, plus more for garnish
- ¼ cup sliced shallot
- 2 cups baby arugula

1. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Rinse with cool water, drain and set aside.
2. Whisk vinegar, garlic, oregano, salt and pepper in a large bowl. Whisk in oil in a slow, steady stream until emulsified.
3. Add cherry tomatoes, chopped tomato, mozzarella, salami, basil and shallot to the bowl; toss to coat. Add the pasta and arugula and toss again. Garnish with basil, if desired.

SERVINGS 6 **SERVING SIZE** ⅔ CUP
CALORIES 440 **CARBOHYDRATES** 44G
DIETARY FIBER 6G **TOTAL SUGARS** 6G
PROTEIN 17G **TOTAL FAT** 22G **SATURATED FAT** 7G **SODIUM** 460MG

PREP AHEAD

Bowls on the go? Yes, please! These make-ahead meals are perfect for bringing to work or as easy weekday dishes. They will last for up to four days in the fridge.

Chipotle-Lime Cauliflower Taco Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 40 min

A bold, smoky marinade elevates roasted cauliflower in this recipe. To cut down on prep time, look for precut cauliflower. You can also use microwavable quinoa pouches (you'll need one 8-ounce pouch for this recipe) instead of cooking the quinoa.

- ¼ cup lime juice (from about 2 limes)
- 1–2 tablespoons chopped chipotles in adobo sauce
- 1 tablespoon honey
- 2 cloves garlic
- ½ teaspoon salt
- 1 small head cauliflower, cut into bite-size pieces
- 1 small red onion, halved and thinly sliced
- 2 cups cooked quinoa, cooled
- 1 cup no-salt-added canned black beans, rinsed
- ½ cup crumbled queso fresco
- 1 cup shredded red cabbage
- 1 medium avocado
- 1 lime, cut into 4 wedges (optional)

1. Preheat oven to 450°F. Line a large rimmed baking sheet with foil.
2. Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until mostly smooth. Place cauliflower in a large bowl; add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion over the cauliflower. Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes; set aside to cool.
3. Divide quinoa among 4 single-serving lidded containers (½ cup each). Top each with one-fourth of the cauliflower mixture, ¼ cup black beans and 2 tablespoons cheese. Seal the containers and refrigerate for up to 4 days.
4. To reheat 1 container, vent the lid and microwave on high until steaming, 2½ to 3 minutes. Top with ¼ cup cabbage and ¼ avocado (sliced). Serve with a lime wedge, if desired.

SERVINGS 4 **SERVING SIZE** 1 BOWL
CALORIES 345 **CARBOHYDRATES** 47G
DIETARY FIBER 12G **TOTAL SUGARS** 9G
ADDED SUGARS 4G **PROTEIN** 13G
TOTAL FAT 13G **SATURATED FAT** 3G
SODIUM 542MG

Anti-Inflammatory Farro & White Bean Salad

ACTIVE TIME: 40 min
TOTAL TIME: 1 hr 10 min

Building a salad in a Mason jar makes it easy to prepare and take along, keeping the ingredients fresh and crisp until you're ready to enjoy it. This colorful combo layers farro, bell pepper, beets and arugula, all of which offer fiber and antioxidants that can help lower inflammation. White beans add some plant-based protein to help you stay satisfied throughout the afternoon.

- 2 cups water
- ¾ teaspoon salt, divided
- 1 cup pearled Italian farro, rinsed
- ¼ cup extra-virgin olive oil
- ¼ cup white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- ¾ teaspoon honey
- 1 clove garlic, grated
- 1⅓ cups chopped red bell pepper
- 1⅓ cups chopped, cooked, peeled red beets
- 2 (15 ounce) cans no-salt-added great northern beans, rinsed
- 4 cups packed baby arugula
- 4 tablespoons roughly chopped fresh mint
- 4 tablespoons unsalted roasted sunflower seeds
- ½ cup crumbled feta cheese

1. Bring 2 cups water and ¼ teaspoon salt to a boil in a medium saucepan over high heat. Add rinsed farro; reduce heat to medium-low, cover and simmer, undisturbed, until the farro is tender and the water is absorbed, 20 to 30 minutes. Fluff with a fork, then spread the farro evenly on a large rimmed baking sheet; refrigerate, uncovered, until completely cool, about 30 minutes.
2. Whisk ¼ cup each oil and vinegar, 1 tablespoon mustard, 1 teaspoon each oregano and lemon zest, 1 tablespoon lemon juice, ¾ teaspoon honey, grated garlic and the remaining ½ teaspoon salt in a small bowl until well combined. Divide the mixture among four 1-quart Mason jars (about 2 tablespoons each).
3. Divide red pepper (about ⅓ cup each), beets (about ⅓ cup each), beans (about ¾ cup each) and cooled farro (about ¾ cup each) among the jars. Top each with 1 cup baby arugula; add 1 tablespoon each mint and sunflower seeds. Divide feta evenly among jars (about 2 tablespoons each).
4. Cover the jars and refrigerate. When ready to eat, shake the jar until the vinaigrette is evenly distributed; stir to combine the ingredients, if needed.

SERVINGS 4 **SERVING SIZE** 1 JAR
CALORIES 506 **CARBOHYDRATES** 62G
DIETARY FIBER 11G **TOTAL SUGARS** 8G
ADDED SUGARS 1G **PROTEIN** 18G
TOTAL FAT 22G **SATURATED FAT** 4G
SODIUM 723MG

Winter Greens Bowls

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This one-pan meal packs in lots of plant-based protein and flavor thanks to beans and quinoa. A creamy lemon-garlic dressing completes the dish.

Greens Bowls

- 1 medium head cauliflower, cut into florets
- 1 cup low-sodium vegetable broth
- ½ cup quinoa
- ¼ teaspoon salt
- 4 cups chopped kale
- 1 (15 ounce) can no-salt-added cannellini beans, rinsed
- ½ cup chopped walnuts, toasted

Dressing

- ¾ cup whole-milk plain strained yogurt
- 3 tablespoons water
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 teaspoons cider vinegar
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- ½ teaspoon ground turmeric
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

1. To prepare greens bowl: Add 1 inch of water to a large saucepan and fit with a steamer basket. Add cauliflower and bring to a boil over high heat. Cover and steam until tender, about 5 minutes. Transfer the cauliflower to a large bowl and cover to keep warm. Discard the water.

2. Add broth, quinoa and salt to the pan; bring to a boil. Reduce heat to low, cover and cook for 5 minutes. Stir in kale and beans; cook until the quinoa has absorbed all of the liquid, 5 to 8 minutes. Add the cauliflower, cover and remove from heat.

3. To prepare dressing: Whisk yogurt, water, oil, garlic, vinegar, lemon zest, lemon juice, turmeric, salt and pepper in a small bowl until well mixed.

4. Drizzle the quinoa mixture with the dressing and sprinkle with walnuts.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 381 **CARBOHYDRATES** 41G
DIETARY FIBER 10G **TOTAL SUGARS** 8G
PROTEIN 18G **TOTAL FAT** 18G **SATURATED FAT** 3G **SODIUM** 424MG

Roasted Vegetable Bowls with Pesto

ACTIVE TIME: 15 min
TOTAL TIME: 35 min

Your coworkers will be jealous when you pull out this tasty, healthy lunch of roasted veggies and brown rice. Put together four portions when you have time and you'll have packable lunches (or ready-to-eat dinners) for several days—just grab a container on your way out the door in the morning.

- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups broccoli florets
- 2 medium red bell peppers, quartered
- 1 cup sliced red onion
- 3 cups cooked brown rice
- 1 (15 ounce) can chickpeas, rinsed
- 4 tablespoons prepared pesto

1. Preheat oven to 450°F.
2. Whisk 2 tablespoons oil, garlic powder, salt and pepper together in a large bowl. Add broccoli, peppers and onion; toss to coat. Transfer to a large rimmed baking sheet and roast, stirring once, until the vegetables are tender, about 20 minutes. Chop the peppers when cool enough to handle.
3. Stir the remaining 1 tablespoon oil into rice. Place about ¾ cup of the rice in each of four 2-cup microwave-safe, lidded containers. Divide chickpeas and the roasted vegetables among the bowls. Top each with 1 tablespoon pesto.

SERVINGS 4 **SERVING SIZE** 2¼ CUPS
CALORIES 484 **CARBOHYDRATES** 64G
DIETARY FIBER 10G **TOTAL SUGARS** 8G
PROTEIN 12G **TOTAL FAT** 21G **SATURATED FAT** 3G **SODIUM** 460MG

Meal-Prep Chili-Lime Chicken Bowls

ACTIVE TIME: 25 min
TOTAL TIME: 2 hr 30 min

Skip takeout and whip up these equally delicious and easy-to-make burrito bowls at home. They're great for a fast and easy dinner or a healthy meal to pack for work throughout the week.

Chili-Lime Chicken

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chili powder
- 1 teaspoon lime zest
- 1½ tablespoons lime juice
- 2 cloves garlic, grated
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces

Bowls

- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 pound cooked Chili-Lime Chicken
- 1 cup julienned jicama
- 1 cup frozen corn, thawed
- 1 cup pico de gallo
- 1 avocado, diced
- ½ cup chopped fresh cilantro

Lime wedges, hot sauce

1. To prepare the chicken: Stir oil, chili powder, lime zest and juice, garlic, cumin and salt together in a medium bowl. Add chicken and toss to coat. Cover and marinate in the refrigerator for at least 2 hours or overnight.

2. Preheat oven to 400°F. Line a rimmed baking sheet with foil. Place chicken in a single layer. Roast until the chicken is cooked through, 15 to 18 minutes.

3. To make the bowls: Combine quinoa and rice; divide among 4 single-serving containers with lids. Top with chicken, jicama, corn, pico de gallo and cilantro, dividing evenly. Seal the containers and refrigerate for up to four days. Serve with diced avocado, lime wedges and hot sauce.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 413 **CARBOHYDRATES** 47G
DIETARY FIBER 9G **TOTAL SUGARS** 8G
PROTEIN 29G **TOTAL FAT** 14G **SATURATED FAT** 2G **SODIUM** 567MG

Edamame & Veggie Rice Bowl

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

The ingredients in this vegan bowl can be prepped ahead for an easy lunch to pack for work. The tangy citrus dressing is a refreshing complement to the sweet caramel of roasted sheet-pan veggies.

- ½ cup cooked brown rice
- 1 cup roasted vegetables (page 8)
- ¼ cup edamame
- ¼ avocado, diced
- 2 tablespoons sliced scallions
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons Citrus-Lime Vinaigrette (page 20)

Arrange rice, veggies, edamame and avocado in a 4-cup sealable container or bowl. Top with scallions and cilantro. Drizzle with vinaigrette just before serving.

SERVINGS 1 **SERVING SIZE** 2 CUPS
CALORIES 394 **CARBOHYDRATES** 44G
DIETARY FIBER 9G **TOTAL SUGARS** 6G
PROTEIN 9G **TOTAL FAT** 22G **SATURATED FAT** 3G **SODIUM** 240MG

Vegan Burrito Bowls with Cauliflower Rice

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

These bowls are healthy and flavorful. Make them early in the week for grab-and-go meals when days are busy. We use frozen cauliflower rice, a low-carb substitute for white or brown rice, to cut down on prep time.

Tofu Crumbles

- 1 (16 ounce) package extra-firm tofu, drained, crumbled and patted dry
- 2 tablespoons tamari
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 tablespoon extra-virgin olive oil

Bowls

- 1 (12 ounce) package frozen riced cauliflower
- 4 teaspoons olive oil
- 1 teaspoon no-salt-added taco seasoning
- 1 cup thinly sliced red cabbage
- 1 cup diced avocado
- ½ cup pico de gallo or salsa
- ¼ cup chopped fresh cilantro

1. Combine tofu, tamari, garlic powder and paprika in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tofu mixture and cook, stirring occasionally, until the tofu is nicely browned, 8 to 10 minutes.
2. While the tofu cooks, prepare riced cauliflower according to package directions. Toss with oil and taco seasoning.
3. Divide the cauliflower among 4 single-serving containers with lids. Top each with ½ cup Tofu Crumbles, ¼ cup each cabbage and avocado, 2 tablespoons pico de gallo (or salsa) and 1 tablespoon cilantro. Seal the containers and refrigerate until ready to eat.

SERVINGS 4 **SERVING SIZE** 1 CONTAINER
CALORIES 298 **CARBOHYDRATES** 15G
DIETARY FIBER 6G **TOTAL SUGARS** 5G
PROTEIN 15G **TOTAL FAT** 20G **SATURATED FAT** 3G **SODIUM** 680MG

SWEET BITES

These desserts layer delicious flavors with satisfying crunch for easy and tasty bowls.

Lemon-Blueberry Cheesecake Chia Pudding

ACTIVE TIME: 18 min
TOTAL TIME: 1 hr 20 min

The sour-sweet combo of lemon and blueberry is balanced by the creamy dairy in this cheesecake chia pudding. Graham-cracker crumbles replicate the crust of a cheesecake, while chia seeds offer fiber and omega-3 fats. Portion it out into mason jars or another portable container with a secure lid, and you can bring this easy make-ahead dessert with you.

- 1 tablespoon granulated sugar
- 1 tablespoon water
- ½ teaspoon grated lemon zest
- 1 tablespoon lemon juice
- 2½ cups fresh or frozen blueberries, divided
- 3 ounces reduced-fat cream cheese, softened
- ¾ cup whole milk
- ¼ cup chia seeds
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt
- ½ cup crushed graham crackers plus 1 tablespoon (about 5 sheets), divided

1. Stir sugar, water, lemon zest, lemon juice and 1½ cups blueberries together in a medium saucepan; bring to a boil over medium-high heat. Boil, stirring constantly, until the blueberries burst and the mixture is thickened and glossy, about 5 minutes. Add ¾ cup blueberries; reduce heat to medium. Cook, stirring often, until the blueberries are warmed through and softened, 2 to 3 minutes. Transfer to a heatproof bowl.

2. Combine cream cheese, milk, chia seeds, maple syrup, vanilla and salt in a blender or food processor; process until well blended and a loose pudding forms, about 1 minute. Transfer to a medium bowl.

3. Arrange 2 tablespoons blueberry mixture in an even layer in each of four 4-ounce bowls or glasses. Top each with 3 tablespoons chia pudding; add 1 tablespoon crushed graham crackers. Repeat the layers once. Cover with plastic wrap; refrigerate for at least 1 hour or up to 2 days.

4. Just before serving, divide the remaining ¼ cup blueberries and 1 tablespoon crushed graham crackers on top of each pudding. Serve cold.

SERVINGS 4 **SERVING SIZE** ABOUT ¾ CUP
CALORIES 247 **CARBOHYDRATES** 35G
DIETARY FIBER 8G **TOTAL SUGARS** 23G
ADDED SUGAR 10G **PROTEIN** 7G **TOTAL FAT** 10G **SATURATED FAT** 4G **SODIUM** 222MG

Peanut Butter Yogurt Cup with Magic Shell Topping

ACTIVE TIME: 5 min
TOTAL TIME: 15 min

This easy, high-protein snack tastes like a Reese's peanut butter cup. You can conveniently make it in the yogurt container for quick cleanup. Alternatively, if you don't have a single-serve container, scoop ½ cup yogurt from a larger container into a small bowl. Any nut or seed butter would work well in this recipe.

- 1 (5.3 ounce) container low-fat vanilla strained yogurt
- 2 teaspoons natural peanut butter
- 1 tablespoon dark chocolate chips
- ½ teaspoon coconut oil
- Chopped unsalted peanuts for garnish (optional)
- Flaky sea salt for garnish (optional)

1. Mix yogurt and peanut butter together in the yogurt container or a small bowl.
2. Combine chocolate chips and coconut oil in a small microwave-safe bowl. Microwave on high in 15-second intervals, stirring after each, until the chocolate is melted and smooth (about 45 to 60 seconds total). Pour over the yogurt mixture and spread evenly to cover. Garnish with peanuts and/or salt, if desired. Freeze for 10 minutes or refrigerate for 30 minutes, until the chocolate is set.

SERVINGS 1 **SERVING SIZE** 1 YOGURT CUP
CALORIES 287 **CARBOHYDRATES** 23G
DIETARY FIBER 2G **TOTAL SUGARS** 20G
PROTEIN 16G **TOTAL FAT** 15G **SATURATED FAT** 7G **SODIUM** 102MG

Rice Pudding with Pistachios

ACTIVE TIME: 1 hr
TOTAL TIME: 1 hr 15 min

This pudding is a nostalgic favorite in Cyprus, with a cinnamon and pistachio topping that hints at the Ottoman and Middle Eastern influences on the island's culinary traditions.

- 1½ cups water
- ¾ cup arborio rice
- 3 cups low-fat milk
- ¼ cup granulated sugar
- 1 cinnamon stick
- 1 3-inch-by-1-inch strip lemon zest
- ⅛ teaspoon salt
- 2 large egg yolks
- ¼ teaspoon vanilla extract
- ¼ cup chopped salted pistachios
- ¼ teaspoon ground cinnamon

1. Combine water and rice in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer and cook until the rice is not quite tender and the water is absorbed, about 10 minutes.
2. Add milk, sugar, cinnamon stick, lemon zest and salt to the rice. Bring to a boil over medium heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the rice is very soft, 12 to 15 minutes. Remove from the heat.
3. Whisk egg yolks in a medium bowl until smooth. Whisk 1 cup of the rice mixture into the egg yolks. Scrape the mixture into the saucepan and cook over low heat, stirring constantly, until the mixture coats the back of a spoon, 2 to 3 minutes. Remove from heat and stir in vanilla. Cover and let stand for 15 minutes. Discard cinnamon stick and lemon zest.
4. Serve the rice pudding warm or chilled, topped with pistachios and ground cinnamon.

SERVINGS 8 **SERVING SIZE** ½ CUP
CALORIES 159 **CARBOHYDRATES** 26G
DIETARY FIBER 1G **TOTAL SUGARS** 11G
ADDED SUGARS 6G **PROTEIN** 6G **TOTAL FAT** 4G **SATURATED FAT** 1G **SODIUM** 97MG

Cottage Cheese–Berry Bowls

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

This bowl highlights the natural sweetness of thawed mixed berries with a hint of vanilla for extra flavor. It's a simple snack you can prepare in advance, but add the cereal just before serving so it stays crunchy.

- 2 cups unsalted low-fat plain cottage cheese
- ½ teaspoon vanilla extract
- 1 cup frozen mixed berries, thawed slightly
- ¼ cup Grape Nuts or similar cereal
- ¼ cup chopped walnuts

Combine cottage cheese and vanilla in a small bowl. Divide the mixture among four bowls. Top each with ¼ cup berries, 1 tablespoon cereal and 1 tablespoon walnuts.

SERVINGS 4 **SERVING SIZE** ABOUT ¾ CUP
CALORIES 170 **CARBOHYDRATES** 14G
DIETARY FIBER 2G **TOTAL SUGARS** 7G
PROTEIN 16G **TOTAL FAT** 6G **SATURATED FAT** 1G **SODIUM** 59MG

EatingWell

Bowls

DOTDASH MEREDITH PREMIUM PUBLISHING

Vice President, Editor in Chief Kostya Kennedy
Creative Director Gary Stewart
Associate Photo Director C. Tiffany Lee
Editorial Operations Director Jamie Roth Major
Senior Editor Courtney Mifsud Intreglia
Art Director Aaron Morales
Photo Editor Steph Durante
Writers Erin Alderson, Jessica Ball, Brierley Horton, Devineé Lingo, Novella Lui, Carolyn Malcoun, Katie Parker, Rachel Roszmann, Matthew Thompson
Manager, Editorial Operations Gina Scauzillo
Associate Manager, Editorial Operations Ariel Davis
Copy Chief Tracy Guth Spangler
Reporter Lindy Speakman
Production Designer Sandra Jurevics
Premedia Trafficking Supervisor Sarah Schuster
Premedia Imaging Specialist Paige E. King
Premedia Color Quality Analyst John Santucci
Production Director Patrick McGowan
Production Managers Ashley Schaubroeck, Trevi Jones, April Gross
Senior Quality Director Joe Kohler

Vice President & General Manager Jeremy Biloon
Senior Director, Brand Marketing Jean Kennedy
Associate Director, Brand Marketing Katherine Barnet
Senior Manager, Brand Marketing Geoffrey Wohlgamuth
Brand Manager, Brand Marketing Mia Rinaldi
Assocate Brand Manager, Brand Marketing Gabby Amello

Special thanks Brad Beatson, Nicoleta Papavasilakis, Farah Ameen

ADVERTISING AND BUSINESS

SVP & Group Publisher Daren Mazzucca (daren.mazzucca@dotdashmdp.com)
VP & Publisher Donna Lindskog (donna.lindskog@dotdashmdp.com)
Marketing Sandra Salerno Roth, Christine Austin

DIGITAL

SVP/Group General Manager, Food Eric Handelsman
SVP/Associate Group General Manager Michelle Edelbaum
Communications Director, Food & Drink Shara Alexander
Assistant General Manager Penelope Wall
Editorial Director Victoria Seaver, M.S., RD
Associate Editorial Director Carolyn Malcoun
Associate Creative Director Maria Emmighausen
Senior Nutrition Editor Maria Laura Haddad-Garcia
Senior Editor Megan Ginsberg
Nutrition Editor Jessica Ball, M.S., RD
Associate Food Editor Alex Loh

DOTDASH MEREDITH

President, Lifestyle Alysia Borsa

Dotdash meredith | MPA THE ASSOCIATION OF MAGAZINE MEDIA

Copyright © 2025 Meredith Operations Corporation
225 Liberty Street • New York, NY 10281

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in a review.

For syndication or international licensing requests, email syndication.generic@dotdashmdp.com. For reprint and reuse permission, email mmc.permissions@dotdashmdp.com.

Printed in the USA.

Photo Credits

Front cover Jacob Fox & Ali Redmond

1 Carson Downing
2–3 Thomas Schmid/iStock/Getty Images Plus
5 Robby Lozano
6–7 alvarez/E+/Getty Images
8–9 (clockwise from left) Preethi Venkatram; Greg DuPree; Jen Causey
10 (from top) Jacob Fox; Jake Sternquist; Kritsada Panichgul
11 (from top) Victor Protasio; Carson Downing; Rachel Marek
13 Erin Kunkel
14 Fred Hardy
15 Nataša Mandić/Stocksy
16 Jeff Wasserman/Stocksy
17 Jen Causey
19 Adam Albright
20 (from left) Nataša Mandić/Stocksy; Marty Baldwin
21 (from top) Jason Donnelly; Jen Causey
22–23 Nataša Mandić/Stocksy
24–25 Jen Causey
26 (from top) Ali Redmond; Leigh Beisch
27 (from top) Brie Passano; Ali Redmond; Fred Hardy
28–29 Ali Redmond
30–31 (from left) Blaine Moats; Fred Hardy
32 Leigh Beisch
33 Antonis Achilleos
34–35 (from left) Jen Causey; Caitlin Bensel
36 Blaine Moats
37 Jen Causey
38–39 Morgan Hunt Glaze
40 Ellen Silverman
41–42 Jen Causey (2)
43 Charlotte & Johnny Autry
44 Jen Causey
45 Robby Lozano
46–47 Leigh Beisch
48 Greg DuPree
49 Jen Causey
50 Heami Lee
51 Charlotte & Johnny Autry
52–53 (from left) Jen Causey; Antonis Achilleos
54 Jen Causey
55 Ali Redmond
56 Jen Causey
57 Leigh Beisch
58–59 Jen Causey (2)
60 Fred Hardy
61 Carson Downing
62 Heami Lee
63 Carson Downing
64–65 Brie Passano
66 Blaine Moats
67–69 Jen Causey (3)
70 Jacob Fox
71–72 Kelsey Hansen (2)
73 Victor Protasio
74 Sara Haas
75 Rachel Marek
76 Robby Lozano
77 Jen Causey
78 Robby Lozano
79 Jacob Fox
80–81 Ali Redmond
82 Heami Lee
83 Ali Redmond
84 Scott Morgan
85 Lauren Grant
86–87 EatingWell (2)
88–89 Fred Hardy
90 Rachel Marek
91 Penny De Los Santos
92 Grant Webster
96 Maryanne Gobble/Stocksy

RECIPE INDEX

		CALORIES	FIBER (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	FAT/SAT FAT (G)	VEGETARIAN	VEGAN	GLUTEN FREE
HIGH PROTEIN										
29	Crispy Salmon Rice Bowls	619	10	458	38	33	38/6			
30	Chicken Hummus Bowls	485	10	712	27	31	29/5			■
31	Bibimbap-Inspired Rice Bowls	599	5	711	44	34	32/8			
32	Chicken, Avocado & Quinoa Bowls with Herb Dressing	753	10	490	43	34	50/8			■
33	Pancetta, Tomato & Avocado Grain Bowls	573	11	803	45	20	36/9			■
34	Pesto Chicken Quinoa Bowls	327	3	783	15	23	21/4			■
35	Fish Taco Bowls with Green Cabbage Slaw	529	10	620	40	38	25/4			■
36	Green Veggie Bowls with Chicken & Lemon-Tahini Dressing	452	5	361	42	35	18/2			■
37	Cilantro-Lime Shrimp Bowls	541	11	672	55	27	23/3			■
38	Crispy Chicken Rice Bowls	558	5	776	47	37	25/3			
40	Charro Beans with Chorizo & Kale Slaw	361	14	600	43	19	14/4			■
41	Sesame-Crusted Tuna Rice Bowls	578	7	684	39	36	32/4			■
42	Grilled Vegetable & Black Bean Farro Bowls	517	15	566	61	17	29/6	■		
43	Chicken-Quinoa Bowls with Strawberries & Pecans	511	5	401	29	30	31/6			■
44	Lemony Chicken & Kale Brown Rice Bowl	419	6	836	34	31	18/3			■
45	Roasted Broccoli & Kimchi Rice Bowls	639	11	703	69	25	32/5	■		■
MEATLESS MEALS										
47	Crispy Rice Bowls with Fried Eggs	428	8	627	45	13	23/4	■		■
48	Farro & Vegetable Bowls with Lemon-Shallot Herb Sauce	331	8	137	37	10	21/3	■	■	
49	Kale & Chickpea Grain Bowls	520	16	495	68	18	20/2	■	■	
50	Roasted Butternut Squash Hummus Bowls	578	10	685	51	14	37/7	■		■
51	Wild Rice Salad with Arugula Pesto	299	2	422	19	8	22/5	■		■
52	Watermelon Poke Bowls	380	6	314	53	10	15/2	■		■
53	Spinach & Fried Egg Grain Bowls	281	8	314	35	15	10/2	■		
54	Buffalo Cauliflower Grain Bowls	578	19	756	67	16	30/5	■		■
55	Braised Black Lentil & Quinoa Bowls	332	10	467	51	19	6/1	■		■
56	Savory Cottage Cheese Bowls	388	3	688	17	24	24/5	■		■
57	Coconut Black Rice Bowls with Tofu & Purple Asparagus	577	8	815	50	18	37/14	■	■	■
58	Chickpea & Sweet Potato Grain Bowls	649	12	718	71	19	34/7	■		
59	Anti-Inflammatory Vegetable-Packed Grain Bowls	344	10	572	49	11	10/2	■		
60	Vegetarian Protein Bowls	572	13	752	78	17	24/3	■	■	

		CALORIES	FIBER (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	FAT/SAT FAT (G)	VEGETARIAN	VEGAN	GLUTEN FREE
61	Black Bean Quinoa Bowl	500	20	612	74	20	16/2	■	■	■
62	Bibimbap-Inspired Bowls	752	11	959	58	21	49/8	■		
63	Chickpea & Quinoa Bowls with Roasted Red Pepper Sauce	479	8	646	50	13	25/4	■		■
	PASTA POWER									
64	One-Pot Lemon Asparagus Pasta with Shrimp	433	8	432	53	29	12/2			
66	Spicy Noodles with Pork, Scallions & Bok Choy	311	3	609	39	20	9/2			■
67	Super Green Pasta	437	9	590	37	17	25/5	■		
68	Burrata Pasta with Cherry Tomatoes & Spinach	493	7	344	49	20	30/10	■		
69	Creamy Rotisserie Chicken & Spinach Pasta	443	6	710	38	28	21/9			
70	Pantry Peanut Noodles	506	13	701	59	25	22/3	■		
71	Smoky Shrimp, Corn & Pea One-Pot Pasta	308	8	557	49	25	2/0			
72	One-Pot Italian Sausage & Kale Pasta	307	6	725	44	14	10/3			
73	Spaghetti Salad	270	6	385	34	10	11/3	■		
74	Cashew, Chickpea & Pasta Salad with Cilantro-Mint-Shallot Vinaigrette	518	11	689	49	15	29/4	■	■	
75	Spicy Chili Oil Noodles with Zucchini & Carrots	579	10	599	42	10	45/7	■		
76	Cheesy One-Pot Chicken-Broccoli Orzo	536	8	805	53	45	17/6			
77	Creamy Sun-Dried Tomato, Tuna & Pea Pasta Salad	148	3	244	20	9	4/1			
78	Lemon Zucchini Pasta	415	8	444	57	15	17/6	■		
79	Caprese Pasta Salad with Salami	440	6	460	44	17	22/7			
	PREP AHEAD									
81	Chipotle-Lime Cauliflower Taco Bowls	345	12	542	47	13	13/3	■		■
82	Anti-Inflammatory Farro & White Bean Salad	506	11	723	62	18	22/4	■		
83	Winter Greens Bowl	381	10	424	41	18	18/3	■		■
84	Roasted Vegetable Bowls with Pesto	484	10	460	64	12	21/3	■		■
85	Meal-Prep Chili-Lime Chicken Bowl	413	9	567	47	29	14/2			■
86	Edamame & Veggie Rice Bowl	394	9	240	44	9	22/3	■	■	■
87	Vegan Burrito Bowls with Cauliflower Rice	298	6	680	15	15	20/3	■	■	■
	SWEET TREATS									
89	Lemon-Blueberry Cheesecake Chia Pudding	247	8	222	35	7	10/4	■		
90	Peanut Butter Yogurt Cup with Magic Shell Topping	287	2	102	23	16	15/7	■		■
91	Rice Pudding with Pistachios	159	1	97	26	6	4/1	■		■
92	Cottage Cheese–Berry Bowls	170	2	59	14	16	6/1	■		

EatingWell® (ISSN 1046-1639), April (Summer) 2025, Volume 23, No. 2. EatingWell is published quarterly by Meredith Operations Corp., 1716 Locust St., Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. SUBSCRIPTION PRICES: $20 per year in the U.S.; $40 (U.S. dollars) in Canada. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to EatingWell, P.O. BOX 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless corrected delivery information is received within two years. EatingWell is a registered trademark in the United States. © Meredith Operations Corp. 2025. All rights reserved. Printed in the U.S.A.

The Perfect Vessel

BY COURTNEY MIFSUD INTREGLIA

To make the most of your meal, choose a bowl that's not too deep or too shallow—think two to three inches deep, and one that holds about 25 to 32 ounces. A too-deep bowl could cramp the components of your meal, making it hard to tell what's what; a too-shallow one might mean your homemade meatballs take a tumble off a mountain of quinoa and onto the floor. The perfect bowl has a wide-enough surface area that you can see all the ingredients without being so shallow that it's difficult to really dig in. A bowl with a diameter of 6½ inches works well for lunch or dinner. Also look for a vessel that's made out of chip-resistant ceramics (which is usually mentioned on the website or packaging). That makes it easy to clean by hand, and very likely means—to simplify things even further—that it's dishwasher-safe.

ENSURE® MAX PROTEIN

DON'T GIVE UP DELICIOUS FLAVOR TO GET GOOD NUTRITION

Ensure Max Protein has a **30g protein blend** to **feed muscles for up to 7 hours,** and is a good source of **25 vitamins & minerals.**

SAVE $4 INSTANTLY!
Visit Ensure.com/instantcoupon

AVAILABLE IN 7 DELICIOUS FLAVORS: Milk Chocolate, French Vanilla, Creamy Strawberry, Creamy Peach, Cherry Cheesecake, Milk Chocolate with Caffeine,* and Café Mocha*

Use as part of a healthy diet.

Reference: 1. Nutrient data for 11-oz frozen mocha drink with whipped cream. FoodData Central. USDA website. https://fdc.nal.usda.gov. Accessed November 24, 2021.

* Milk Chocolate with Caffeine and Café Mocha flavors have 100mg of caffeine, as much as an 8-oz cup of coffee.

© 2024 Abbott 202316817(2)/January 2024 LITHO IN USA

Ensure® STRENGTH & ENERGY

Abbott
life. to the fullest.®

We love our eggs any style... as long as they're the best.

Our family breakfasts are the best of times. Which is why ordinary eggs just don't measure up.

Eggland's Best eggs have more of the delicious, farm-fresh, taste we love–for any meal or any time of day.

Superior nutrition, too. With 6 times more vitamin D, 10 times more vitamin E, and 25% less saturated fat than ordinary eggs.

Eggland's Best eggs. Amazing moments deserve nothing less.

American Heart Association.
Healthy for Good™

FARM FRESH
EGG-LAND'S BEST

Better taste. Better nutrition. Better eggs.®